# Diversity Resources for Adult Psychotherapy

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Psychotherapy with Multicultural/Ethnic Populations

Books & Chapters:


- This text advocates and provides educational resources for a shift toward a social justice counseling approach for mental health professionals.


- This 13-chapter edited book concentrates on ethno-sociocultural factors such as immigration, religion, and politics, and practice with specific racial/ethnic groups.


- Assesses the role of ethnocultural influences upon the symptoms and manifestations of mental disorders. The scope of this undertaking is restricted to the patterns of distress and disability as defined by the American Psychiatric Association (1994) in the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition* (DSM–IV). Furthermore, this chapter will be focused upon the ethnic and cultural diversity of the United States and will concentrate on the principal cultural and ethnic groupings in the United States, as recognized by public policy. Specifically, the following racial and/or ethnic groups are considered: African Americans, Hispanics, Asian Americans/Pacific Islanders, and American Indians.


- This edited volume includes 11 chapters on defining multicultural feminism and integrating this approach into classroom teaching and professional practice.

Fong, Ficklin & Lee. (2017) *Increasing cultural understanding and diversity in applied behavior analysis*

- Suggest some steps one could take early on in order to garner more cultural competency in the field. While it focuses more on behavior analysis its suggestions can most likely be integrated into other methods as well.
  - Permalink (PDF included):


- Pure focus on the processes necessary for multicultural family therapy including the framework and practice guidelines.

- This 12-chapter edited book contains chapters on topics such as assessment, separate chapters on children and adolescents from various racial/ethnic groups, Asian refugee children and adolescents, and biracial adolescents.


- This book discusses assessment of children, parenting, and couples, treatment issues with diverse clients, and training issues, such as training programs and conducting cross-cultural supervision.


- This book focuses on treatment issues with diverse language children, including assessment of intelligence, personality assessment, and teaching issues, along with best practices in treatment, training, and research.

Graham, Sorenson & Hayes-Skelton. (2014). Enhancing the cultural sensitivity of cognitive behavioral interventions for anxiety in diverse populations

- Describes adapting cognitive behavioral therapy for anxiety disorders in diverse populations. Provides a few examples that suggest ways it can be adapted as well as using some past research.


- Reviews the generalizability of CBT as well as known cultural adaptations for it. Introduces a model intended to help suggests whether an individual fits requirements for a culturally adapted therapy or not.


- Describes and encourages how to get a better grasp on a clients’ individual identity (ethnicity, religion, social class, etc.) in order to provide better services.

- Gathers info from a variety of experts that work with diverse couples and discusses how they are able to adjust their methods for each individual case.

- This chapter focuses on how differences in cultural values affect people’s perception and practice of optimal functioning.

- Chapters in this edited volume, contributed by experts in trauma, post-traumatic stress and crisis intervention, provide insights into working with specific ethnic/racial communities during disasters. The emotional, psychological, and social needs and strengths of these communities are addressed

- This is the third edition of the very successful book on family therapy with ethnic minority populations. What makes this book unique is that it has over 50 chapters on conducting family therapy with families from different countries, not just the four broad ethnicities generally covered in books of this type. For example, the book does not just have a chapter on Latino families but on countries such as Brazil, Colombia, Cuba, the Dominican Republic, and Mexico. It also contains chapters on families from Arab countries, Armenia, India, Pakistan, Cambodia, Vietnam, Germany, Hungary, Israel, and Poland, among others.

- A comprehensive book on multicultural mental health that addresses the challenge of counseling diverse populations including multiracial, homosexual, geriatric, and disabled individuals. Old treatment models based on the mainstream majority no longer apply. This book includes research on diverse populations and addresses resistance to modifying old practices when working with these populations. Focus on Chapters 1–6.

**Okun, Barbara F. 2006. *Human diversity***

- Suggest ways to adjust for family diversity during counseling implying ways to apply their model to different family types.


- Offering a primary focus on North American cultural and ethnic diversity while addressing global questions and issues, Counseling Across Cultures, Seventh Edition, edited by Paul B. Pederson, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, and María R. Scharrón-del Río, draws on the expertise of 48 invited contributors to examine the cultural context of accurate assessment and appropriate interventions in counseling diverse clients. The book’s chapters highlight work with African Americans, Asian Americans, Latinos/as, American Indians, refugees, individuals in marginalized situations, international students, those with widely varying religious beliefs, and many others. Edited by pioneers in multicultural counseling, this volume articulates the positive contributions that can be achieved when multicultural awareness is incorporated into the training of counselors.

**Pérez-Gualdrón & Yeh, 2014. *Multicultural counseling and therapy counseling for social justice***.

- Detail multicultural skills a counselor can integrate into their own methods when working with diverse individuals.


- This edited book is the second edition of the very successful first edition. It is really a compendium, as it is over 800 pages long. It presents the major issues in the multicultural literature.

- Text presents an ecological, contextual model of behavior, using this model as a springboard for a new theory in multicultural counseling, which takes into consideration the specific issues of class, gender, and race in the counseling process. Advanced thinking and practice for practicing multicultural counselors and students in the field.


- This book presents a general model discussing the development of a multicultural perspective that includes self-actualization, adaptability to changing environments, the challenges of leadership, commitment to change, and getting the most out of life.


- In this book, Drs. Ratts and Pedersen combine the very best from the multicultural and social justice traditions into a new paradigm, which will guide counselors toward a deeper understanding of the connections between these two counseling forces. Significantly updated and expanded from the previous edition, this fourth edition focuses on applying multiculturalism and social justice in various clinical settings with diverse client populations.


- Students, beginning and seasoned mental health professionals will be better prepared for diversity practice by this accessible, timely, provocative, and critical work, The Convergence of Race, Ethnicity and Gender: Multiple Identities in Counseling, Fifth Edition. Author Tracy Robinson-Wood demonstrates, through both the time honored tradition of storytelling and clinically-focused case studies, the process of patient and therapist transformation. This insightful, practical resource offers behavioral health professionals a nuanced view of diversity beyond race, culture, and ethnicity to include and interrogate intersectionality among race, culture, gender, sexuality, age, class, nationality, religion, and disability


- This book is the immediate precursor to the Multicultural Competency Guidelines adopted by the American Psychological Association in 2003.

- This expanded edition of this classic book provides an in-depth overview of multicultural counseling issues, including cultural competence, sociopolitical concerns, microaggressions, indigenous approaches, and social justice counseling. Specific populations addressed include African Americans, American Indians and Alaskan Natives, Asian Americans, Hispanic/Latino Americans, persons of multiracial descent, Arab Americans, Jewish Americans, immigrants, refugees, sexual minorities, older adults, women, and people with disabilities.


- This book provides a collection of autobiographical stories that explore themes of race/ethnicity, immigration/acculturation, religion, and social class. Each chapter contains a discussion of content themes, along with clinical applications, assessment questions, techniques, and interventions, as well as personal reactions evoked from the stories.


- Practitioners working within the people professions have a legal and moral responsibility to promote equality wherever possible. This insightful book from a leading author provides a lucid guide to the complexities of inequality, and offers a sound foundation for practice that makes a positive contribution to equality, social justice and empowerment.


- A textbook written from a United Kingdom context but also relevant to the United States. It is primarily written for White graduate students being exposed to issues of multicultural psychology for the first time.


- This edited book includes chapters regarding a variety of different oppressions such as heterosexism, classism, racism, sexism, poverty, etc. with models of systemic and community interventions.


- Reviews the ethics involved when working with a diverse group of clients, discussing how certain perspectives influence these ethics.

- Discusses how cognitive behavioral therapy is already adapted for some multicultural situations, while suggesting improvements that would make it more multicultural.


- This book focuses on how cultural differences in values and beliefs affect stress and coping. Several chapters deal with ethnic minorities.
Black Populations


- This is an overview of issues related to African Americans, including immigration history, spirituality, gender differences, class, sociopolitical issues, and sexual orientation.


- This chapter discusses issues such as kinship bonds, gender roles, parent–child systems, religion and spirituality, and therapy issues with African American families.


- This is a new chapter added to the McGoldrick et al. book, focusing on issues of immigration from Africa. These issues involve colonialism in both African and the United States, acculturation, relations to one’s home country, and issues of racism that are unique to African immigrants.


- The book discusses issues important to African American women from a psychodynamic perspective. Topics include interweaving cultural and intrapsychic issues, lesbians and bisexual women, racial trauma, racial transference and countertransference, and iconic strong Black women.


- This handbook addresses theoretical, empirical, and practical issues central to African American psychology including Africentric personality theories, religion and spirituality, Black families, media portrayals, racism and resistance, educational issues, group identity, physical and mental health, and therapeutic interventions.


- Presents the limitations of traditional psychological theories and approaches when applied to people of African descent and stresses the importance of the African Centered Perspective in terms of understanding the African American family, identity development, and mental health.
American Indians/ Indigenous Canadians:


- This book discusses American Indian values and suggests that American Indian clients prefer concrete, practical advice in therapy.


- This book discusses issues that relate to conducting therapy with American Indian populations. It discusses American Indian values and how Western culture has disrupted the American Indian sense of connection with the land and its spirits. Mental health problems are characterized as spirits visiting the individual instead of being part of the individual.


- This chapter discusses how mental health service delivery has traditionally been within the realm of the Indian Health Service (IHS). The IHS has traditionally fallen short of its promise to provide comprehensive health service to American Indians. The author suggests using underutilized community services, such as community psychology and Native healers to fill in the gaps the IHS has left.


- This chapter discusses the value clashes between American Indians and the dominant Western cultures, leading to the exclusion of American Indians in the discussion of issues of culture. Part of this painful past has been the attempt of Europeans to wipe out American Indians and/or their cultures. A way of overcoming these disadvantages that modern day American Indians face is to train more in professions such as psychology.


- This might be helpful it focuses a lot on Native Americans with possible interventions that one can use when working with them. I couldn’t find out if therapy was the main focus or if the authors go into great detail on the strife of Native Americans.

- This edited volume includes chapters on the mental health challenges of American Indian and Alaska Native children such as historical trauma, economic conditions, fetal alcohol spectrum, and ethnic identity development. Chapters also address intervention strategies and resources within families and communities.


- This chapter is an overview of American Indians in the United States. It describes the history of Western contact with American Indians, values, genocide, communication styles, and other issues important to the understanding of this population in therapy.


This chapter discusses numerous aspects of American Indian populations, from history to the number of Native communities to values to the kinds of characteristics of clients who might come in to treatment. It focuses on acculturation issues of the client, where clients may be acculturated into mainstream society versus those who maintain traditional cultural practices.


This book is written by Native American scholars who work within the Native American communities. It provides a historical context of the impact of colonization on Native American culture. The repercussions related to urban migration and boarding schools on cultural identity, mental health care issues, and treatment are addressed by Native American practitioners.
Asian Americans


- This book is practice oriented. It discusses values and traditions from various countries of origin (e.g., Cambodia, China, India, Philippines, Japan, Korea, and Vietnam), specific diagnostic topics (e.g., schizophrenia, depression, and PTSD), treatment modalities (e.g., psychoanalysis, monolingual psychological testing, and medications), and special issues (e.g., gay and lesbian issues, intermarriage, and domestic violence).


- This chapter is a general overview of families of Asian origin, including issues such as immigration history, trauma in their countries of origin, the “model minority” stereotype, psychopathology, service utilization, and family structures and subsystems.


- This is a compendium of Asian American psychology. It focuses on pan-Asian issues as opposed to separate populations within the API spectrum. These issues include history, resilience, youth, the elderly, ethnic identity, acculturation, racism, international students, family violence, and assessment.


- This text provides an overview of research findings that may serve as an important resource for clinicians working with Asian American men. Chapters are illustrated by case study vignettes and address such topics as intergenerational conflict, racism, challenges associated with masculinity and fatherhood, suicide, domestic violence, career development, sexual orientation identity development, substance abuse, and career counseling.


- This chapter discusses challenges and strengths associated with Asian American children’s mental health and well-being. Cultural socialization, ethnic identity formation, and minority-related experiences are presented as central factors influencing the maintenance of mental health.

This chapter discusses the history and family issues regarding individuals from Cambodia. One of the major issues is that of trauma in the aftermath of the Khmer Rouge takeover of the country after the United States left the area after the Vietnam War.


This chapter discusses issues of stereotyping, prejudice, discrimination, and racism against those of Asian/Pacific Island descent. It discusses the history of immigration and how racist policies of the past attempted to keep Asians from immigrating to the United States, the specific racist issue of the internment of Americans of Japanese descent during World War II, and more modern forms of racism against South Asians.


This chapter discusses the major challenges to the maintenance of mental health in older Asian Americans. Challenges include stigmatization of mental illness, lack of mental health literacy, and underutilization of mental health services. Strengths of this population are also discussed including familial and peer support, social networks, and religion/spirituality.


This article presents a cultural-community framework designed to facilitate collaboration between community psychologists and ethnic minority communities. Illustrations of the framework focus on Asian American communities and incorporate Hays’ ADDRESSING model of overlapping cultural influences in the counseling context.


This chapter discusses the immigration history of Filipinos, who were citizens of the United States at one point because of the territorial status of The Philippines in the first half of the 20th century. It also discusses clinically relevant issues, such as immigration stress, communication, family structure, and religion.


This article reports four studies validating the Internalization of Asian American Stereotypes Scale (IAASS), a self-report instrument that measures the degree to which Asian Americans have internalized racial stereotypes. A four-factor structure was supported for the IAASS, including: Difficulties with English Language Communication, Pursuit of Prestigious Careers,
Emotional Reservation, and Expected Academic Success. The reliability and validity of the measure was supported.


- This chapter discusses topics such as rates of psychopathology for various kinds of disorders and mental health services and treatment. Interestingly, there is even some research on differences that Asian/Pacific Islander populations have in response to psychotropic medications, such as the need for less amounts of medication to achieve the same levels of clinical response.

Quek & Feng. (2017). *Transition and Change in Collectivist Family Life: Strategies for Clinical Practice with Asian Americans*

- This “research-to-practice” book suggests important factors to consider when working with Asian-American clients in a psychotherapy setting.
Latino/Latina Clients


- This chapter focuses on cultural and relational processes in depressed Latino youth. It examines depression in adolescents, specifically Puerto Rican youth, and the epidemiology of depression is investigated along with the discussion of family and relational issues associated with youth depression.


- This chapter focuses on the special relationship that Cuba has had with the United States, which relates to four distinct waves of immigration. The first wave was during the Cuban revolution, where primarily White Cubans who were middle and upper class professionals moved to the United States to avoid their possessions being taken by the revolutionary government. Subsequent waves included more Afro-Cubans who escaped Cuba and did not have the resources that the first wave did. Other clinically relevant issues are also discussed in this chapter, such as language, social support, and conceptualization of the family.


- This two-volume resource includes information on “the physical, psychological, social, and environmental factors that undermine or support healthy development in Latino American children, from biology to economics to public policy.”


- This chapter discusses many Latino values that are relevant for therapy. It connects these values to clinical cases so that the reader can see how they apply clinically. It also discusses issues such as acculturation, acculturative stress, and ethnic identity.


This chapter discusses the issue of migration and immigration, connecting this issue with legal versus undocumented status. It also discusses some clinical implications of this issue, particularly since many families are now experiencing separation for long periods of time due to quite often the father working in the United States while his family stays in Mexico. This has implications for power differentials between the parents and issues of reunification.

This book discusses the growing influence of Latinos in America, including a growing percentage of the population and greater political participation.


This book discusses the important topic of the definition, meaning, and role of *machismo* in the Latino culture.


This book discusses the rise of Latino power in the United States, including issues of identity and the question of the term “Hispanic” versus “Latino.”


Chapters address culturally competent interventions and research for specific Latino/a populations and treatment issues.
LGBTQ:


Chapters in this edited volume explore a wide variety of issues involved in LGBT couple and family therapy. Some of these include: raising LGBT children, coming out, elderly LGBT issues, sex therapy, and ethical and training issues.


This book covers research, practice, and advocacy related to the special counseling needs of gays and lesbians. The authors apply universal counseling themes to lesbian and gay clients and discuss issues unique to lesbians and gay men, including the treatment of same-sex couples and families, ethnic minority issues, and living with HIV/AIDS.


Directed at therapists, this book explores the diversity in lesbian, gay, and bisexual lives. Chapters address issues of disability, gender, aging, religion, physical and mental health, race and ethnicity, and social class.


This book includes research and case studies that together provide a practice-focused, intersectional understanding of how to work with clients and build resilience. It offers suggestions on what to look for as common themes when working with this population.


Research based on a survey of practicing psychologists about biased and beneficial forms of psychotherapy provided to lesbian and gay clients. Examples address assessment, intervention, identity, relationships, family matters, and therapist expertise.


This volume brings together experts with knowledge of strategies for teaching, confronting heterosexism, and training for clinical practice and research. It touches on an array of topics relevant to these areas, including: theory and research on bisexuality; representative sampling in research on lesbian, gay, and bisexual people of color; workplace issues; and the evolution of psychology’s therapeutic responses to sexual orientation.

This chapter discusses how LGB individuals must make a choice upon every person they meet to decide if they want to come out to these new individuals or not. Thus, “coming out” is not a one-time event but a constant one.


This chapter addresses considerations when providing therapy to lesbian, gay, and bisexual (LGB) people of color. The authors first summarize the literature concerning the impact of racism, sexism and heterosexism and their intersections for LGB people of color. They then highlight therapeutic issues and barriers to consider that may arise from these intersections for clients as well as for mental health professionals.


Focus on using affirmative counseling techniques on gender diverse clients. Also provides a brief history of counseling as well as a few terms that can be used with transgender and gender nonconforming clients.


Queer folk and LGBTQ+ allies have collaborated on this new text in response to the June 16, 2016 targeted murder of 49 innocent victims at the PULSE nightclub, Orlando, Florida. Seasoned and novice members of the academy will find professional empowerment from these authors as they explicitly discuss multiple level theory, policy, and strategies to support LGBTQ+ campus inclusion.
Disabilities


This book provides current research findings on providing psychotherapy to individuals with intellectual disabilities. Specific chapters address individual, couple, and group therapies, specific disability populations, and the treatment of specific trauma issues. Chapters on research, ethics, and training are also included.


The chapters cover assessment and treatment of diverse groups of deaf people, with a hands-on approach to their special needs. The volume includes a CD with pictorial questionnaires and information sheets designed to assist in the diagnosis and treatment of mental health problems in this population.


The author includes discussion of minority deaf populations, hard of hearing persons, training service providers, legal aspects, genetics, research, families with deaf persons, and the small world nature of the deaf community.


This new edition of *Psychosocial Aspects of Disability* addresses critical issues in the psychology of disability including historical perspectives on disability-based attitudes and discrimination, social and occupational inclusion, empowerment, and legislative influences on human rights concerns.


This text explores the role of psychology in rehabilitation, including the use of cognitive-behavioral models.


Grounded in the cultural paradigm that views deaf people as making up a distinct cultural group rather than a group of persons with a disability, this book addresses cultural diversity within the deaf community and appropriate approaches to psychotherapy. Includes many case examples to assist those interested in mental health treatment of deaf persons.

As the title implies, this text is a handbook for therapists, which includes several activities and homework assignments. There is a section that focuses on coping with disability and the effect of disability on interpersonal relationships.


This textbook combines the writings of individuals with various disabilities with information about appropriate counseling strategies for different disability populations. Additional topics include disability-related attitudes and attitude formation, cultural perspectives, family issues, workplace issues, sexuality, theories of adjustment, social support, ethical issues, and disability-related teaching and research.


Among the various issues discussed in this book are the three different perspectives on disabilities: (a) The moral model of disability, where individuals with disabilities are considered to have a "defect." This defect is a metaphor for some sort of moral degradation. (b) The medical model of disability, where the disability represents a loss of function, and non-disabled individuals take a "paternalistic" stance towards those with disabilities. (c) The minority model of disability, where individuals with disabilities encounter discrimination because society fails to accommodate those with disabilities and has negative attitudes towards them.


With a focus primarily on the workplace, chapters in this volume explore such issues as social psychological perspectives on disability prejudice, stigma and the Americans with Disabilities Act, and implicit disability-related attitudes.
**Age**


Includes details on demographics of aging, commonly held myths about older adults, realities of aging, typical psychological problems of older adults, assessment and interventions, and relevant professional issues when working with older adults.
Gender

This edited book was one of the first that discussed the intersection of women and ethnicity in psychotherapy. The authors discuss issues concerning lesbians, professional women, mixed-race women, battered women, and refugee women.

This is a workbook for clinicians to assist in couples therapy to reduce spousal abuse by utilizing techniques such as communication, self-control, assertiveness training, and examining intimacy issues. The model used incorporates a range of theories and the overall work provides comprehensive instructions for 26 weekly sessions.

The text discusses background spouse abuse such as what families are likely to encounter violence, the occurrence of violence, and types of people who seek treatment. Procedures are included how to assess spouse abuse based on which partner originally presents and what to do in a crisis situation. There are also guidelines for therapy with both the abusive spouse and the spouse being abused, and how to handle children involved.

This is a book for therapists that provide gender sensitive techniques that can be used in the context of any form of intervention. It will help the therapist to make sense of the often confusing modern gender expectations.

This text is a compilation of narratives from practitioners from around the world discussing their experiences working with their respective cultures and also with diverse populations. The focus is to use an integrated approach to better help clients by understanding gender, culture, and ethnicity.
Geographical Diversity (Rural, Urban, Suburban)


Written for a broad audience of planners, health and mental health professionals, this book describes the challenges and hazards of rural life and how to deal with these stressors.
Class/SES:


This list of upper class privileges was compiled by Class Acts, a program which explores issues of spirituality, ethics, and theology for women of wealth. The group specifically focused on the relationship between elitism and racism.


This book explores how social class operates in people’s lives and integrates empirically supported findings into strategies for psychological research, practice, teaching, and advocacy. It includes Liu’s description of his Social Class Worldview Model-Revised, which is designed to enable individuals to better understand how social class and classism may have shaped their worldview.


This article addresses myths about why poor individuals and families do not seek psychotherapy and uses research evidence as the basis of suggestions for improving mental health services to poor clients.


This volume from the Multicultural Foundations of Psychology and Counseling Series examines the treatment of social class in psychological scholarship and practice from a social justice perspective. Narratives from individuals in poverty as well as the author’s own experiences as a practitioner in a low income community illustrate the dynamics of the relationship between psychologists and clients in poverty. New approaches to address issues of social class in mental health contexts are outlined.


This edited volume provides a comprehensive examination of social class issues relevant to a variety of mental health professions. Introductory chapters provide an overview of social class structure in the United States and more globally, including discussions of privilege, the intersection of class and race, and poverty in urban and rural settings. Additional chapters explore internalized classism and implications of social class for career, school, and family counseling. Chapters in the final section of the book provide models for effective diagnosis, assessment, and treatment of individuals in poverty and discuss the role that mental health professionals can play in advocating for clients and communities.
Immigrants and Refugees:


This book examines stages that immigrants and refugees undergo, both premigration and postmigration. Suggestions are made for culturally responsive psychotherapy for these groups.

This edited book contains 17 chapters that discuss many of the important issues related to therapy with Women of Color. Besides chapters on the main racial/ethnic groups, chapter topics include West Indian women, major theories of psychotherapy with Women of Color, psychopharmacology, professional Women of Color, lesbian Women of Color, battered women, and mixed-race women.


This edited book examines issues involving biracial women. Some of the chapters involve unique issues that biracial women experience, while other chapters examine the connections with biracial men. Some of these women encounter unsupportive or non-supportive communities, and authors examine the processes through which these women must travel.
Religion


This chapter uses cross-cultural and multicultural perspectives to understand religion and the role it plays in counseling and culture. In addition, the authors examine power and privilege within religion and culture. Finally, they discuss spirituality and growth as well as counseling implications.


The author provides an overview of the need and various facets related to inclusion of spiritual and religious discussions in the psychotherapeutic setting. The volume includes background information related to the major religions, discusses the psychological research and theory concerning spirituality and religion, discusses spirituality/religion and human development, and includes information related to assessment and evaluation. The author examines the interrelationship between spirituality/religion and other forms of diversity such as sexual orientation, ethnicity, and age.


Aimed at counselors and other clinicians, this text addresses the needs of Muslim clients in a post-9/11 United States. The author addresses the complexity and diversity of Muslims and the Islamic faith, highlights the growth of the Islamic faith in the United States, and provides relevant information and suggestions for counselors who work with Muslim clients.


Based on an analysis of cultural representations in the United States and the UK, this book explores the sources, construction, methods of dissemination, and functions of stereotypes of Muslims and explains the ways in which these simplistic representations diverge from the complex reality.


The authors argue that religious diversity is often excluded from work related to multicultural competency and particularly training related to clinical practice. They present examples of the harm caused by the lack of such training and discuss the negative impact failure to recognize one's own bias may have in therapeutic setting on the client. The volume includes a discussion of religious bigotry and coercion primarily, but not exclusively, from within the culture of Christianity.

This handbook elucidates the traditions, values, beliefs, and history of more than 24 major religions. Provides useful information related to culturally appropriate clinical practice with individuals from these various traditions.


The authors provide an overview of the empirical and theoretical literature related to "theistic psychotherapy," emphasizing the importance of those in mental health practices to treatment sensitive of and acknowledging clients religious and spiritual belief systems and lifestyles.


This student-centered textbook is designed for counseling and psychology graduate students in cultural diversity courses. Story bars and case studies encourage students’ connection with the material and address biracial identity, people from the Middle East, men and disability, and people of color who are also gay, lesbian, and/or questioning. There is a chapter on multicultural competencies, on each of the groups of color in the United States, sexual orientation, physical attractiveness, socioeconomic class, relationships, mutuality, and healing strategies. Although the text is rich in census data and statistics regarding the population, it is simultaneously hard–hitting, humorous, and moving, with true stories that privilege the narrative voice.


This chapter highlights the importance of cultural competence when working with clients from different cultural and religious backgrounds. The author provides an introduction to the topic of cultural competence when working with Muslims and their families, highlighting the variability within that population.


This chapter discusses several trends supporting the need for therapists to better integrate religion and spirituality into psychotherapy. These include shifts in immigration, a stronger presence of Eastern religion and philosophy, shifts toward cognitive perspectives that allow for the incorporation of value differences, economic pressures toward managed care, and the increased availability of peer counseling.
Articles


This article highlights some of the challenges and satisfactions clinicians may encounter working with Spanish-speaking clients. The authors utilize a sixteen week treatment process to illustrate the use of culture-sensitive treatment manuals through cognitive-behavioral therapy for depression. The authors focused on how socioeconomic status influences clients, as well as culture and how to adapt to treatment. Please see the article for more tips. Overall, the authors concluded that utilizing culture-sensitive, evidence-based treatments through advances in technology will better serve diverse populations.


This article provides guidance based in empirical research on clinician behaviors and treatment features to enhance multicultural therapy. The article follows a multicultural case study of a 37 year old Jamaican female patient presenting with multiple co-morbid disorders, including; panic disorder with significant agoraphobia, obsessive-compulsive disorder and generalized anxiety disorder. The client had a history of major depression and posttraumatic stress disorder. The case study includes case formulation, course of treatment, and the outcome and prognosis. This article also includes assessment and treatment tools, effective training in cross-cultural competency, information on the client’s perspective of seeking psychological treatment and therapeutic relationships, the importance of respect in cross-cultural therapy settings, and tools
on how to identify and incorporate cultural modifications and the client’s cultural strengths and resources into treatment.


This article describes the importance of attachment through development and adulthood, as well as attachment theory. The article also applies attachment in multicultural populations and provides data on the complexity of the diverse population in the United States. The authors concluded that there may be a relationship between attachment theory and clinical processes which may shift the clinician’s understanding of multiple aspects of psychotherapy and therapeutic interventions. The use of multicultural-driven attachment as a part of the therapeutic process is suggested to support the client through past and current emotional experiences. The goal is also to help the client build approaches to solving problems specific to the individual.


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This article is specific to eating disorders and body image concerns amongst Asian American women. The article attempts to add to the little research regarding culture and gender differences in Asian American women in comparison to Caucasian women. The research also provides recommendations considering culture and gender as a clinician working with Asian American women presenting with an eating disorder. The research utilizes cognitive-behavioral approaches, psychodynamic practices, and the feminist perspective as clinical tools.

Researchers investigated client and counselor reports of the counselors’ level of multicultural counseling competence (MCC). The analysis was conducted across four therapy sessions at a university counseling center. The article states that racial and ethnic minority groups have less access to mental health services, receiving fewer services. The quality of the services are often lower than that of mental health services received by their White or non-Latino counterparts.

MCC possess the general ability to work with clients from diverse cultural groups effectively. The study examines the effectiveness of MCC and other tools such as the Cross-Cultural Counseling Inventory-Revised (CCCI-R) to determine whether counselor competency of multiculturalism and diversity has improved in self-assessments and client-assessments from Fall 2011 to Spring 2013. The article does not specifically give practice and skill tips, though it does provide information regarding assessment and competency in these areas.


This article introduces the concept of cultural humility. This is defined as “having an interpersonal stance that is other-oriented rather than self-focused, characterized by respect and lack of superiority toward an individual’s cultural background and experience.” The article follows four studies that assess the client’s perspective of their clinician’s level of cultural humility. The client’s perception of cultural humility of their clinician is positively associated with
improvement in therapy and a strong working alliance between client and clinician. This study also utilizes MCC.


This article follows two focus groups participating in a 5-year study. The study focuses on marriage enrichment programs and how to meet these needs for African American married men. The study found that subjects were much more likely to view the marriage enrichment programs if they were endorsed by a known figure in the individual’s community, such as a religious leader. This study may be useful as a reference.


This article discusses the limited amount of research conducted in regards to multicultural awareness in counseling, and the utilization and outcomes for ethnic minorities on university campuses. The article shows that individuals of minority utilized counseling services less than Caucasian individuals. The idea of stigma for utilizing mental health services was found amongst African American, Asian American, and Latino cultures, which may explain why these people do not initiate counseling services as frequently. The stigma related to therapy itself may be another explanation for this concern. However, the article does state that researchers found a significant increase in the number of therapy sessions when the ethnic and language of the client matched that of the therapist. The article followed a questionnaire based study that
assessed the population utilizing counseling services on university campuses and the disparities between populations. Please see the article for more information.


This source could not be located in ASU’s library. The volume of this book contains information from professionals with expertise working with diverse couples and families. The knowledge is tailored to their treatment, assessment, and research to the complex nature of most families. The chapter shares a model of the mechanisms in which cultural competence enhances work with diverse couples and families. The summary includes examples, strengths, concerns, and future implications resulting from this type of work.


This article studies how literature views African American women as a homogeneous population when focusing on mental health services, instead of examining subgroup differences. The study identifies rates and patterns of mental health services utilized by both lesbian and heterosexual African American women. The study found that women inconsistently used mental health services despite displaying evidence of emotional distress. This article does not particularly provide tips or suggestions. It does provide literature for the subject population that may be useful.

This source could not be located in ASU’s library. The chapter identifies and defines family structures. The author’s articulate experiences that they believe are common to all families, with attention to how universal processes are manifested across intersections of race, class, gender, and more aspects of diversity. The chapter also examines how family therapy can be adapted to the unique needs that arise from a diverse family structure in comparison to a nuclear family structure. The chapter includes key interventions with a surrogate family case example.


This article focuses on psychotherapeutic work in Japan amongst minority populations. It follows clinical case studies of individuals of Korean, burakumin, and other mixed ancestry. The studies illustrate complex concerns of prejudice, discrimination, legal constraints, state ideology, and popular mythology that may be beneficial to counseling practices. This information can improve therapy for this population group performed in the United States. Reference the article for specific case examples that may be pertinent for a specific client.


This article assesses a 6-month follow up study regarding cultural adaptations versus standard exposure therapy for Asian Americans presenting phobia. The study utilizes evidence-based
treatments (EBTs). Although cultural adaptations are often recommended when working with minorities, there are no guidelines for adapting interventions with any particular ethnic group. The study addresses several gaps in research and literature concerning psychotherapy outcomes and processes with ethnic minority populations, specifically, Asian Americans. The study primarily focuses on providing explanations for these gaps in literature, with less emphasis on types for practicing cultural adaptations in therapy.


This article could not be located in ASU’s library and did not contain enough information on PsycINFO to explain. It does appear that it may be a useful tool if can be accessed. It suggests to highlight skills and models for multicultural counseling practices.


The information from this source could not be found through ASU’s library. This source may be helpful in determining disparities amongst the Native American population and therapy techniques/interventions. Native Americans make up 2% of the American population. While that may seem low, it is important for clinicians to become familiar with such disparities to improve multicultural competency. The source states that the article consists of a case study concerning issues commonly faced by many Native Americans, the need for clinical cultural competence,
and offers interventions that may be beneficial in working with Native American families and couples.


This source could not be located in ASU’s library. The source discusses potential client concerns including the following: whether the therapist will respect beliefs and values of the client, will the therapist promote mainstream (White/European American) worldviews/solutions, and will the client feel that they can be themselves in therapy. Although clients may not verbalize these concerns, they may affect client outcomes in traditional therapy practices. Clinicians can use this information to ask questions specific to these concerns in order to improve their therapy techniques and services specific to each individual. Research illustrates that the effectiveness of cultural adaptations will help mental health professionals understand how to apply the principles of multicultural psychology to real world practices.


This articles examines how gender and diversity are being taught and defined in accredited marriage and family therapy programs through the exploration of content analysis and interviews with master’s and doctoral program faculty. Some variations were found in topic areas between master’s and doctoral programs. This article may be very beneficial for the clinic as it is a teaching clinic. Please see the analysis for more information of diversity topics.

This study consists of a comprehensive analysis of culturally based variables and their effects on perceptions of credibility among Asian American college students utilizing therapy services. The study provides treatment rationales for cognitive therapy interventions and time-limited dynamic psychotherapy. The research suggests an association between cultural identity and ethnic minority responses to counseling. Individuals with strong self-construals may find an appropriate fit with their own cognitive styles and the approach used in cognitive therapy.

Please see the discussion section of this study for more information.