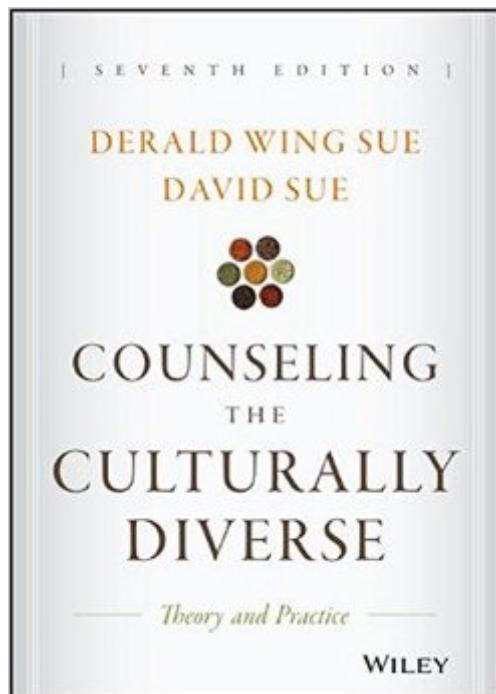


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# Counseling The Culturally Diverse: Theory And Practice



## Synopsis

The standard bearing guide for multicultural counseling courses now enhanced with research-based, topical, and pedagogical refinements *Counseling the Culturally Diverse: Theory and Practice*, 7th Edition is the new update to the seminal work on multicultural counseling. From author Derald Wing Sue â “ one of the most cited multicultural scholars in the United States â “ this comprehensive work includes current research, cultural and scientific theoretical formations, and expanded exploration of internalized racism. Replete with real-world examples, this book explains why conversations revolving around racial issues remain so difficult, and provides specific techniques and advice for leading forthright and productive discussions. The new edition focuses on essential instructor and student needs to facilitate a greater course-centric focus. In response to user feedback and newly available research, the seventh edition reflects: Renewed commitment to comprehensiveness. As compared to other texts in the field, CCD explores and covers nearly all major multicultural counseling topics in the profession. Indeed, reviewers believed it the most comprehensive of the texts published, and leads in coverage of microaggressions in counseling, interracial/interethnic counseling, social justice approaches to counseling, implications of indigenous healing, the sociopolitical nature of counseling, racial identity development, and cultural use of evidence-based practice. Streamlined Presentation to allow students more time to review and analyze rather than read more detailed text New advances and important changes, such as expanded coverage of internalized racism, cultural humility, expansion of microaggression coverage to other marginalized groups, social justice/advocacy skills, recent research and thinking on evidence-based practice, and new approaches to work with specific populations. Most current work in multicultural mental health practice including careful consideration of the multicultural guidelines proposed by the American Psychological Association and the draft guidelines for Multicultural and Social Justice Counseling Competencies (MSJCC) (2015) from the American Counseling Association’s Revision Committee. Expanded attention to the emotive nature of the content so that the strong emotive reaction of students to the material does not prevent self-exploration (a necessary component of cultural competence in the helping professions). Strengthened Pedagogy in each chapter with material to facilitate experiential activities and discussion and to help students digest the material including broad Chapter Objectives and more specific and oftentimes controversial Reflection and Discussion Questions. Every chapter opens with a clinical vignette, longer narrative, or situational example that previews the major concepts and issues discussed in the chapter. The Chapter Focus Questions serve as prompts to address the opening ‘course objectives,’ but these questions not only preview the content to be covered, but are cast in such a

way as to allow instructors and trainers to use them as discussion questions throughout the course or workshop. We have retained the 'Implications for Clinical Practice' sections and added a new Summary after every chapter. Instructor's Handbook has been strengthened and expanded to provide guidance on teaching the course, anticipating resistances, overcoming them, and providing exercises that could be used such as case studies, videos/movies, group activities, tours/visits, and other pedagogy that will facilitate learning. Easier comparison between and among groups made possible by updating population specific chapters to use common topical headings (when possible). Offering the perfect blend of theory and practice, this classic text helps readers overcome the discomfort associated with discussions of race, provides real-world examples of how to discuss diversity and difference openly and honestly, and closely examines the hidden and unwritten rules that dictate many aspects of diversity in today's world.

## **Book Information**

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## **Customer Reviews**

Personally challenging and important, in my opinion, but you really have to weigh through the racism and microaggressions to learn about racism and microaggressions. Of course, the book already tells you if you think it's racist, then it's just your own racism at work--haha. The greatest benefit was in marginalizing the majority group. You really do come away with a little bit of the feeling marginalized groups must have, because you don't agree with it, but can't fight it. As a 'privileged' member, it locks you into a category and cuts off any avenue to intellectually or emotionally escape the category. You are, in essence, defined by someone else. You're

powerless--frustrated with no recourse. As an interesting addition, the book itself and the classroom it promotes become its own culture complete with power and stratification, and it's a culture where whites are powerless and the group belonging to the most marginalized groups has the most power. The currency is free speech and acceptance and legitimacy. White males have the least currency. Presumably, old disabled black lesbian females would have the most currency. It does highlight society's current race for marginalization. Unfortunately, the division this mindset breeds is evident as well. At some point, someone's going to have to start seeing past the division to unification. That's what we lost when MLK was assassinated. His vision was never about division. It was a vision of inclusion and unification. Brilliant dude. Book is worth the experience. I'm left unsure if the authors are brilliant themselves or if their book turned out to be worth more than what they wrote.

This is an amazing text. It is quite though provoking and encourages all cultures to explore the unique qualities of the other cultures that surround us. It also adds a healthy dose of humility and honesty to those of us that believe we are pure of thought in every way. It is really to bad this isn't required in high schools.

Amazing book!!! So glad I bought this rather than renting it! Has a lot of great insight and information on various topics in this subject. Will be using this as a reference in my future counseling classes for sure!

Easy read. Class was split at first on whether they fully agreed or not with author. Leaving just a few at the end to still not agree, but acknowledge some value. Diversity is not the easiest thing to talk about, but this book is certainly on a higher level than some corporate 'diversity' training class. Many will have to learn, unlearn, or accept assumptions/that privileges exist. Straight up, main audience is the dominant-culture counselors than marginalized. He does address this and you'll see the book builds more than just validating those in the margin. Kinda pricey, yes, but I didn't regret its worth after the semester. It'll be on my work-shelf and I know I'll be referencing it for diverse clients.

It is not okay to hit or spank or use "corporal punishment" on African American children because "they may see it as caring". Do your research, Sue bros: the short term effects of spanking for African Americans is less harmful than it is to other races as it is seen more as a social norm; however, the negative short term effects are \*still there\* and the long term effects of spanking are crossculturally very harmful to all humans! Do you honestly believe African Americans are so

different from other humans, that for them, hitting can become good? Asians and Indians are very distinct cultures and cannot be culturally lumped together; however, this overgeneralizing approach seems to be the whole premise upon which your book is written. Here are two passages that negatively essentialize 77% of the U.S. population, white people: "The white person has an unconscious identification with whiteness and an unquestioned acceptance of stereotypes about minority groups. " "White graduate students have given little thought to multicultural issues; they are generally naive about both racial issues and their inherited unearned privileges. " Unfalsifiable assumptions about "unconscious racism" is the very definition of pseudoscience (See Popper's scientific demarcation). Making disparaging overgeneralizations about race is the very definition of "racism" or ("racial hatred" when applied to the dominant culture.) Theories of racial essentialism never reduce racism, they only increase it. "Whenever theory supercedes evidence and prejudice deposes rationalism there can be no real justice. " -John E Douglas, creator of the FBI's psychological profile unit in behavioral sciences at Quantico.

Great book for insight into interacting with different cultures. This is also useful even if you aren't going into counseling, but still would like information on communication with other cultures.

The information was not presented in a manner that made it helpful or contributed counseling knowledge. Honestly, it has been the least valuable book of my entire graduate career.

Real book written to help explain what people of color experience on a day to day! Greatly written and very true to my reality, thank you

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