

# Culturally Alert Counseling

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culturally alert counseling a comprehensive introduction is a reader friendly introduction to the cultural dimensions of counseling and psychotherapy editor garrett mcauliffe along with international experts in their fields provides an accessible presentation of culturally alert counseling techniques that broadens the discussion of culture from ethnicity and race to include social class religion gender and sexual orientation culture is defined broadly in the text which features a mindful exploration of seven ethnic groupings inclusive of all people within dominant and non dominant cultural groups the extensively revised third edition includes two new chapters on counseling immigrants and refugees and counseling military populations exposing students to complex cultural developments with the help of this text readers will leave informed and ready to begin practice equipped with both a vision of the work and practical skills for effectively implementing it

a comprehensive readable introduction to the cultural dimensions of counseling and psychotherapy is now available national leaders in each topic have been selected to provide an accessible yet thorough presentation of culturally alert counseling an introduction to the nature of counseling and culture begins the book followed by chapters on social inequality race and ethnicity the succeeding chapters reveal the characteristics histories mental health issues and appropriate counseling strategies for each of eleven cultural groupings the book ends with a thorough presentation of actual culturally alert counseling practice seven dimensions combine to make the

book unique namely thoroughness inclusiveness theoretical foundations practicality readability activity and modeling in the first case this book broadens the discussion of culture from ethnicity and race to include social class religion gender and sexual orientation of particular note in the area of ethnicity all five of the major u s pan ethnic groupings are presented as well as middle eastern and south asian people the book is also inclusive of all people including both those in dominant and non dominant cultural groups the assumption is that everyone has culture culturally alert counseling is also theoretically grounded in the first few chapters of the book which lay out a guiding developmental vision of culturally alert counseling further conceptual foundations are laid in discussions of social inequality social justice social diversity and critical consciousness the practical dimension of the book is underscored by the inclusion of a chapter devoted to actual culturally alert counseling skills an area that is needed by practitioners in this important work readability and interest are enhanced by the interweaving of case vignettes and experiential activities throughout the book finally culturally alert counseling skills are modeled in an accessible vital demonstration video that accompanies the book ultimately readers will leave informed moved and changed by the encounters with culture that lie in these pages they will also be ready to begin practice equipped with both a vision of the work and practical skills in implementing it

now for the first time counselors have access to a comprehensive set of dvds on working with diverse clients culturally alert counseling demonstrations of key practices with african american asian latino latina conservative religious and lesbian gay clients is now available in one boxed set the videos are guided explicit demonstrations of how to seamlessly infuse culture into counseling sessions this is a first of a kind product one that will be needed as the counseling field embraces all clients from all groups in our society above all fields counseling and psychotherapy require modeling of sessions and skills in realistic settings here eight sessions are conducted with narrative introductions on the central issues for working with each group as an added bonus the video key practices in culturally alert counseling is included which demonstrates over 20 overall culturally alert counseling skills that can be used immediately by counselors viewers can complement the viewings with readings from accompanying chapters in the book culturally alert counseling a comprehensive introduction

this book examines the priority issues of counselling from a variety of perspectives and takes stock of the many developments changes that have occurred in the last 20 years the focus is on specific ethnic groups in north america

provides practicing school counselors and their colleagues with direction for developing implementing and evaluating important components of counseling programs for culturally diverse student groups topics intervention strategies and techniques for counseling students from the major groups of color in the united states are offered the strategies are emphasized in case studies that take the reader inside the counseling process with students from these groups a blueprint for ongoing professional development in multicultural school counseling is included along with direction for acquiring the awareness knowledge and skills that contribute to multicultural literacy school psychologists a longwood professional book

topics covered include cultural paradigms american indians alaskan natives transcending the culture of prejudice to a culture of pride curriculum trends in counselor education

john axelsons respected broad based text leads readers to a clear multi faceted understanding of people issues and counseling in contemporary america offering a

complete examination of culture including various european ethnic groups the author presents a historical account of all groups and sub groups beginning with a comprehensive examination of counseling in americas pluralistic society and profiles of various ethnocultural groups this highly practical book discusses the major concerns of clients axelson has thoroughly revised the book to include they myriad changes that have taken place in society and culture while retaining the comprehensive trilogy of people issues and counseling practices the book includes a concise summary of the major constructs of traditional counseling theories an introduction to emergent synergetic approaches and representative counseling excerpts that illustrate issues of importance to todays clients and todays multicultural counselors

updated to include the new aca code of ethics this comprehensive volume from two leaing scholars offers an in depth examination of professional issues in counseling from both an ethical and legal point of view difficult issues are address in a straightforward manner and practical realistic advice is proffered through vignettes that showcae typical situations and dilemmas faced by practicing counselors unique in depth coverage of legal issues as well as ethics the only text written by both a lawyer and an expert in ethics all issues in the text are examined from both a legal and an ethical perspective see pages 78 96 108 116 and 121 122 for a few examples of the book s coverage of the law integrated coverage of the ethical and legal issues involved in working with diverse clients the text contains a separate multicultural chapter chapter 3 as well as integrated coverage of diversity in every chapter see the detailed table of contents for the diversity considerations section in each chapter accompanying video vignettes an interactive cd rom containing twenty video cases that present realistic counseling challenges involving a variety of clients in numerous and varied settings can be ordered as an adjunct to the text the cd scaffolds users in the analysis of each of these ethcial dilemmas and then provides the user with feedback to their analysis gives prospective counselors a bona fide feel for the actual counseling session facilitates students reflection and provides practice in ethical decision making

this practical reference work has been revised and updated to review major contemporary areas of counselling and educational psychology practice it includes discussion of personal counselling developmental psychology and vocational and educational counselling

this comprehensive five volume set covers notable theories people social issues life stages the physiology and anatomy of the nervous system and various mental illnesses or conditions from publisher description

in this edition date unspecified for the first herr counselor education and counseling psychology pennsylvania state u focuses on the social political and economic macrosystems in which behavior is shaped and counseling occurs rather than on counseling theories and process such contexts include the impact of advanced technology the changing american family pluralism special populations at risk and emerging challenges in counseling e g counseling with older adults megatrends and spirituality annotation copyrighted by book news inc portland or

this case report describes a rural alaska high school teacher s efforts to motivate nine yup ik indian seniors to plan for their futures after high school the case was written as a training tool to help teaching students to 1 spot issues and frame problems in complex teaching situations 2 interpret a situation from different perspectives 3 identify different possibilities for action and 4 consider the ramifications of different courses of action the teacher in the case wants his students to attend college or vocational

school and volunteers for the difficult position of site guidance counselor the report describes the teacher's efforts to develop a guidance program his concerns about whether he is pushing his students too hard and whether his aspirations for them conflict with their Indian cultural values it describes how he plans a special 2 week guidance project the result of his project and what finally happens to the students the year after high school discussion questions encourage prospective teachers to consider cultural shifts and conflicts faced by the rural Yup'ik students their understanding of possible adult lifestyles possible modifications in the guidance program and the measures of its success other topics discussed include the following

- 1 the nurturing nature of rural Indian villages that might hinder students ability to prepare for adulthood
- 2 college entrance rates in Alaska by ethnicity and gender
- 3 participation of Inupiat men and women in the wage economy
- 4 counseling programs in small rural high schools and
- 5 broadening students experience with travel programs

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