



Counseling the Culturally Diverse: Theory and Practice

By Derald Wing Sue, David Sue

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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 – one of the most cited multicultural scholars in the United States – 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.

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Editorial Review

From the Back Cover

THE REVISED AND UPDATED STANDARD-BEARING GUIDE TO MULTICULTURAL COUNSELING

The seventh edition of the classic resource, *Counseling the Culturally Diverse: Theory and Practice*, has been revised and updated to include the most current research and cultural and scientific theoretical formations. Authors Derald Wing Sue and David Sue's comprehensive text leads in the coverage of topics such as 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.

Counseling the Culturally Diverse, Seventh Edition offers:

- All the major multicultural counseling topics in the profession
- Current approaches for working with specific populations
- An examination of the hidden and unwritten rules that dictate many aspects of diversity in today's world
- A review of the multicultural guidelines proposed by the American Psychological Association
- Fresh material to help facilitate experiential activities and discussions
- Ease of comparison between and among groups
- A new streamlined presentation that allows for more time to review and analyze the text's content

This seminal work offers an ideal blend of theory and practice. The seventh edition offers students and instructors the latest research and findings in multicultural counseling, cultural competence, and the increasing role of the use of evidence-based interventions.

About the Author

DERALD WING SUE is Professor of Psychology and Education in the Department of Counseling and Clinical Psychology at Teachers College, Columbia University. He served as president of the Society for the Psychological Study of Ethnic Minority Issues, the Society of Counseling Psychology, and the Asian American Psychological Association.

DAVID SUE is Professor Emeritus of Psychology at Western Washington University where he has served as the director of both the Psychology Counseling Clinic and the Mental Health Counseling Program. He is also an associate of the Center for Cross-Cultural Research at Western Washington University.

Users Review

From reader reviews:

Gary Rose:

Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try matter that really opposite

from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Counseling the Culturally Diverse: Theory and Practice, you could enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Della Richardson:

Counseling the Culturally Diverse: Theory and Practice can be one of your starter books that are good idea. All of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to place every word into satisfaction arrangement in writing Counseling the Culturally Diverse: Theory and Practice however doesn't forget the main position, giving the reader the hottest as well as based confirm resource info that maybe you can be among it. This great information may drawn you into completely new stage of crucial imagining.

John Whetstone:

In this era which is the greater person or who has ability in doing something more are more special than other. Do you want to become among it? It is just simple method to have that. What you have to do is just spending your time very little but quite enough to experience a look at some books. One of the books in the top listing in your reading list will be Counseling the Culturally Diverse: Theory and Practice. This book which is qualified as The Hungry Slopes can get you closer in getting precious person. By looking up and review this publication you can get many advantages.

Drew Poland:

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