



Using Race and Culture in Counseling and Psychotherapy: Theory and Process

Janet E. Helms, Donelda A. Cook

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This book deals with the importance of issues of race and culture in psychological interventions and provides the reader with the tools necessary for this kind of work, combining a theoretical background with practical exercises. The book is divided into three parts: Part 1, Who enters the process describes the theory and history of the importance of becoming a race and culture sensitive therapist. Part 2, The process, discusses nuances and themes across different counseling situations like group interventions and career counseling. Part 3, Observing the process, looks back at the effectiveness of race and culture sensitivity in counseling and therapy. Integrates racial/cultural issues into traditional counseling theories (chs. 7 and 8). Integrates racial/cultural issues throughout the therapy process (chs. 6, 9 and 10). Applies racial/cultural constructs to various aspects of counseling and therapy (chs 10, 11 and 13). For counselors and clinical psychology practitioners with an interest in the issues of race and culture.

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