

Culturally Alert Counseling

This edited book presents an detailed analysis of the experience of deaf people as a bilingual-bicultural minority group in America. An overview of mainstream research on bilingualism and biculturalism is followed by specific research and conceptual analyses which examine the impact of cultural and language diversity on the experiences of deaf people. The book ends with poignant personal reflections from deaf community members. The contributors include prominent deaf and hearing experts in bilingualism, ASL and Deaf culture, and deaf education.

This unprecedented volume provides a primer on diverse couples and families—one of the most numerous and fastest-growing populations in the United States—illustrating the unique challenges they face to thrive in various cultural and social surroundings. • Offers an examination of a broader-than-typical array of diverse families and the challenges they face • Includes case vignettes of couples and families of varying racial/ethnic, socioeconomic, religious/spiritual, and sexual orientations, the subgroups among them, and their intersections • Examines issues including social disparities, stereotyping and discrimination, identity development, and the roles of neighborhoods and communities • Written to allow easy incorporation as a textbook or supplemental text • Includes highlighted "Myths and Realities" with each chapter as well as a list of additional resources and cultural competence take-aways after each section

This handbook deals with the question of how people can best live and work with others who come from very different cultural backgrounds. Handbook of Intercultural Training provides an overview of current trends and issues in the field of intercultural training. Contributors represent a wide range of disciplines including psychology, interpersonal communication, human resource management, international management, anthropology, social work, and education. Twenty-four chapters, all new to this edition, cover an array of topics including training for specific contexts, instrumentation and methods, and training design.

CULTURAL DIVERSITY: A PRIMER FOR THE HUMAN SERVICES, Fifth Edition, provides the tools you need to become a successful and effective counselor. This innovative book covers a variety of topics, ranging from the general principles of cultural diversity to how to work with clients from various cultures. It's an ideal resource to prepare you for a successful career in counseling. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Cultural Transmission

Counseling and Psychotherapy Theories in Context and Practice

Culturally Diverse Counseling

Exploring the Work of Clemmont E. Vontress in Clinical Practice

Cultural Diversity: A Primer for the Human Services

Counseling African American Males

Counseling the Culturally Diverse

Innovative and reflective, the first edition of Counseling and Spirituality strives to integrate the spiritual and clinical perspectives of counselors in order to successfully support clients' religious or spiritual journeys through utilizing appropriate knowledge and interventions. With cultural concerns such as religion and spirituality quickly becoming of growing importance and interest in the helping professions, this book serves to define varieties of spiritual beliefs, assess spiritual wellness, and apply theory- and practice-based approaches to individualized spiritual counseling situations. Throughout the 15 chapters of the text, author Joshua Gold helps current and future counselors alike to contemplate how they see religion and spirituality in their own lives and to appraise how their own spirituality sways who they are as clinicians and what they do in the provision of mental health services for their clients.

"The Second Edition of Culturally Alert Counseling is a thorough update to the first comprehensive guide to culturally alert counseling, complete with a companion demonstration DVD. Co-author and editor Garrett J. McAuliffe expands the traditional "definition" of multicultural counseling from the usual two categories of race and ethnicity to seven groupings: race, ethnicity, gender, religion/spirituality, disability, class, and sexual orientation. With case vignettes and interactive activities, students will be informed, moved, and changed by the encounters with culture that lie in these pages. The book and companion DVD encourage readers to examine the complex nature of culture and how it impacts all stages of the counseling process."--Publisher's website.

The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

The SAGE Guide to Careers for Counseling and Clinical Practice by Camille Helkowski offers valuable insights into a range of career options in clinical work through the contributions of 15 counselors. The text opens with a discussion of the various roles and functions of counselors and includes guidance on educational, licensing, and fieldwork considerations, while subsequent chapters offer practical information on job requirements, salaries, and day-to-day activities. Aspiring counselors and clinicians will gain not only a factual knowledge about career possibilities, but also a deeper understanding of what it actually means to engage in this type of work.

Handbook of Counselor Preparation

Handbook of Intercultural Training

Pathways to Transformation

Demonstrations of Evidence-Based Practices

A Behavioral Economic Perspective

Counseling Across and Beyond Cultures

SAGE Guide to Careers for Counseling and Clinical Practice

With the recent increase of student diversity in the educational system, there is a need for cultural responsiveness. Cultural responsiveness, or culturally responsive practices, help to break down barriers that may cause or contribute to academic, behavioral, social emotional, and/or mental health difficulties demonstrated by students. Implementing culturally responsive practices increases equitable education opportunities for all students. Implementing Culturally Responsive Practices in Education is an essential research publication that looks to increase educators' knowledge and skillsets to obtain a better understanding of working with students from different cultural, linguistic, and economic backgrounds. Moreover, the book allows educators to obtain a deeper understanding of the current issues with proposed interventions regarding cultural responsiveness and how to best support the students with whom they work. Featuring a wide range of topics including social justice, equality, and special education, this book is ideal for professionals, educators, administrators, curriculum designers, academicians, researchers, and students.

There is no one method for doing culturally alert counseling. Instead, culturally alert counseling consists of intentionally adapting existing ways to help clients (1) understand their socially constructed worldviews through culture, (2) appreciate their various cultures, (3) to make choices about adherence to cultural norms, and (4) to recognize and respond to external bias relating to their cultural group membership.

Packed with real-world applications and excerpts from original sources, COUNSELING AND DIVERSITY addresses the three dimensions of multicultural counseling competency (awareness, knowledge and skills) while increasing readers' understanding of oppression and the structures of power. This innovative First Edition addresses the constructs of culture, worldview, race, ethnicity, gender, age, sexual orientation, physical and mental ability, socioeconomic class, and spirituality and religion as complex dimensions of social and personal identity. In addition, a unique satellite series of monographs provide students with a thorough introduction to issues in counseling with specific populations, including Arab Americans, African Americans, Asian Americans, Latino/a Americans, Native Americans, and LGBTQ Americans. Offering complete flexibility, the monographs enable instructors to choose which groups they want to discuss in their course. In this way, COUNSELING AND DIVERSITY equips readers with a historical, sociopolitical, and psychological overview of each aspect of identity that will have resonance in counseling, psychotherapy, and other helping professions, and empowers readers with the knowledge and tools to be confident in counseling in a multicultural setting. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Principles of Social Change is written for those who are impassioned and driven by social justice issues in their communities and seek practical solutions to successfully address them. Leonard A. Jason, a leading community psychologist, demonstrates how social change can be accomplished and fostered by observing five key principles.

Diversity in Couple and Family Therapy: Ethnicities, Sexualities, and Socioeconomics

Culturally Alert Counseling

A Lifespan Approach

Implementing Culturally Responsive Practices in Education

Effective Therapeutic Interventions and Approaches

Culturally Competent Engagement

Defense Mechanisms in the Counseling Process

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.

[The client material]... stimulated thought and reflection... Clark presented a large number of very tricky case studies and illustrated all manner of different and interesting ways of responding to clients who find it difficult to engage with the process of counselling. Furthermore, this is done in the framework of a model of counselling which integrates humanistic, psychodynamic and cognitive-behavioural theories in a most interesting and convincing way. In the end, I learned quite a lot and found myself pondering the case histories days later - Counselling, The Journal of the British Association for Counselling The understanding of defence mechanisms is vital to counselors and psychotherapists, particula

This one-of-a-kind manual provides direction for leading groups of people with disabilities or groups that have members with disabilities. Viewing disability as a single aspect of a multifaceted person, Drs. Bauman and Shaw share their insight and expertise and emphasize practical skill building and training for facilitating task, psychoeducational, counseling, family, and psychotherapy groups across various settings. Topics examined in Part I include common themes in groups that focus on disability; various group formats, including groups using technological platforms; issues of diversity that exist simultaneously with ability; group composition; ethical concerns; and training considerations and logistical accommodations. Part II focuses on group counseling with clients experiencing sensory, psychiatric, cognitive, and physical disabilities as well as chronic medical conditions. A list of resources, support information, and group exercises completes the book. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@ counseling.org

Overview -- Engaging -- Assessing resources -- Assessing barriers -- Goal planning -- Assessing external resources -- Assessing internal resources -- Coordination -- Disengaging -- Providing agency support.

Counseling and Spirituality

Connecting Theory, Practice and Skills

Infertility Counseling

Case Management in Social Work

A Mindful Approach

Principles of Social Change

Addiction

Cultural Transmission covers psychological, developmental, social, and methodological research on how cultural information is socially transmitted from one generation to the next within families. Studying processes of cultural transmission may help analyze the continuity or change of cultures, including those that have to cope with migration or the collapse of a political system. An evolutionary perspective is elaborated in the first part of the book; the second takes a cross-cultural perspective by presenting international research on development and intergenerational relations in the family; the third provides intra-cultural analyses of mechanisms and methodological aspects of cultural transmission. Made up of contributions by experts in the field, this source book is intended for anyone with interests in cultural issues especially researchers and teachers in disciplines such as psychology, social and behavioral sciences, and education and for applied professionals in culture management and family counseling, as well as professionals dealing with migrants.

#1 New York Times bestseller Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society. Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading

specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives. Combining both the theory and practice of strengths-based therapy, Elsie Jones-Smith introduces current and future practitioners to the modern approach of practice—presenting a model for treatment as well as demonstrations in clinical practice across a variety of settings. This highly effective form of therapy supports the idea that clients know best about what has worked and has not worked in their lives, helps them discover positive and effective solutions through their own experiences, and allows therapists to engage their clients in their own therapy. Drawing from cutting-edge research in neuroscience, positive emotions, empowerment, and change, Strengths-Based Therapy helps readers understand how to get their clients engaged as active participants in treatment.

This is the first comprehensive guide to culturally alert counseling, complete with a companion demonstration DVD, that is readable and experiential. Editor Garrett J. McAuliffe expands the traditional "definition" of multicultural counseling from the usual two categories of race and ethnicity to eight categories that include: race, ethnicity, gender, religion/spirituality, class, and sexual orientation. With case vignettes and interactive activities, students will be informed, moved, and changed by the encounters with culture that lie in these pages.

Doing What Works in Brief Therapy

The Value of Shame

Human Development in Theological Perspective

Psychological, Developmental, Social, and Methodological Aspects

Counseling & Diversity

A Strategic Solution Focused Approach

Learning in Relationship

Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align

with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

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. A completely new applications section contains nine chapters on working with oppressed client groups, including African Americans; Asian and Pacific Islanders; Latin@; multiracial individuals; Native Americans; lesbian, gay, bisexual, and questioning clients; transgender individuals; women; and socioeconomically disadvantaged clients. Clients experiencing religious and spiritual concerns are discussed as well. Each of the chapters in this section provides an illustrative case study and numerous counseling examples. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@ counseling.org.

Multicultural counseling is a dynamic field, one that continually changes to reflect shifting social norms and to serve an increasingly diverse and globalized population. There is a growing need for counselors and psychotherapists who are sensitive and inclusive not only in regard to race, culture, and ethnicity, but also in matters related to gender, age, sexual orientation, disability, and class. Inspired by the pioneering work of Clemmont E. Vontress, the contributors to Counseling across and beyond Cultures trace the evolution of multicultural counseling and discuss remaining challenges for practitioners. Essays include personal reflections by Vontress himself, assessments of developments in multicultural counseling, evaluations of Vontress's influence in Canada and the United Kingdom, and African and Caribbean perspectives on his work. Throughout, the volume offers historical, philosophical, and critical analysis of Vontress's accomplishments in the light of the changing epistemologies of multicultural counseling and psychotherapy.

On the basis of a theologically grounded understanding of the nature of persons and the self, Jack O. Balswick, Pamela Ebstyne King and Kevin S. Reimer present a model of human development that ranges across all of life's stages. This revised second edition engages new research from evolutionary psychology, developmental neuroscience and positive psychology.

New Horizons in Multicultural Counseling

Theory and Practice

The Body Keeps the Score

The Reciprocating Self

School Crisis Prevention and Intervention

Multicultural Counseling and Psychotherapy

Integrating Spiritual and Clinical Orientations

Addiction: A Behavioral Economic Perspective focuses on the behavioral economics of addiction to explain why someone decides and act against her own well-being. It answers the questions of what accounts for self-defeating behavior patterns and how do we best motivate individuals to act according with their long-term goals. A better understanding of decision processes will lead to an improved knowledge of why people engage in self-destructive behaviors and better policy interventions in areas of addiction and obesity. The approach also promises to be valuable as a framework for understanding decisions for an addict's professional and business life. This book will be of particular use to clinicians, students, and researchers in the fields of addiction, public health, and behavior therapy.

In the latest edition of School Crisis Prevention & Intervention, Mary Margaret Kerr, a nationally recognized expert in school crisis response and a leading urban educator, along with new coauthor, Garry King, a

specialist in youth welfare, synthesizes and assembles the best current practices of law enforcement, threat assessment, psychology, and communications in a single, streamlined volume. Such a valuable guide prepares school personnel, including counselors and administrators, with the requisite skills at all crisis stages—from preparation and prevention to intervention and recovery. Dozens of actual cases illustrate key concepts and procedures, while allowing readers to assess their preparedness. Helpful forms and checklists can be used to set priorities and ensure accountability. Interactive features inspire critical reflection and aid in developing problem-solving skills. Outstanding features include . . . • Latest federal guidelines and policies dealing with all phases of crises • Comprehensive agenda for initial crisis team training • Practical and sensitive methods to facilitate recovery and provide support • Recommendations for collaborating with community-based emergency response services • Proficient ways to communicate with staff, students, parents, community, and media This volume combines empirical research-based and theoretical perspectives on shame in cultural contexts and from socio-culturally different perspectives, providing new insights and a more comprehensive cultural base for contemporary research and practice in the context of shame. It examines shame from a positive psychology perspective, from the angle of defining the concept as a psychological and cultural construct, and with regard to practical perspectives on shame across cultures. The volume provides sound foundations for researchers and practitioners to develop new models, therapies and counseling practices to redefine and re-frame shame in a way that leads to strength, resilience and empowerment of the individual.

Publisher description

Culturally Adaptive Counseling Skills

A Comprehensive Introduction

Brain, Mind, and Body in the Healing of Trauma

A Guide for Counselors, Educators, and Parents

Constructivist, Developmental, and Experiential Approaches

Exploring a Health Resource in Cultural Contexts

Counseling for Multiculturalism and Social Justice

A key supplement for courses on multicultural counseling, this book is a practical volume that will help faculty and students see demonstrations of multicultural counseling in practice. The text covers evidence-based practices for working with five major ethnic groups, while weaving in other factors such as gender, disability, sexuality, and more. Each chapter has two case studies by an invited expert who also provides commentary and lessons drawing upon each case.

Multicultural Counseling and Psychotherapy, 6th ed, offers counseling students and professionals a distinctive lifespan approach that emphasizes the importance of social justice and diversity in mental health practice. Chapters include case studies, reflection questions, and examinations of current issues in the field. Each chapter also discusses the ways in which a broad range of factors—including sexuality, race, gender identity, and socioeconomic conditions—affect clients’ mental health, and gives students the information they need to best serve clients from diverse backgrounds.

Infertility Counseling: A Comprehensive Handbook for Clinicians, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

Offering a fresh theoretical perspective and packed with powerful strategies, New Horizons in Multicultural Counseling clarifies the complexity of culture in our increasingly globalized society. Counselors will find practice-based strategies to help them progress in their clinical practice and gain cultural competence.

Second Edition

Skills, Strategies, and Techniques

Model Rules of Professional Conduct

The Developing Person Through the Life Span

Preventing Prejudice

Integration, Theory, and Application

A 6-DVD Set on Working With African American, Asian, Latino/Latina, Conservative Religious, and Gay/Lesbian Youth Clients

Doing What Works in Brief Therapy: A Strategic Solution Focused Approach is both a set of procedures for the therapist and a philosophy—one that is shared with clients and one that guides the work of the therapist. This second edition continues its excellence in offering clinicians a guide to doing what works in brief therapy- for whom, and when and how to use it. Psychotherapy that follows these guidelines validates the client’s most important concerns – and it often turns out to be surprisingly brief. Author, Ellen Quick integrates strategic and solution focused therapy and includes guidelines for tailoring technique and interventions to client characteristics and preferences. With clinically rich examples throughout, this book offers applications for couples, including indications for individual or conjoint sessions. Chapter summaries highlighting key points Presents ways of eliciting what clients most want to remember Describes the "Doing What Works Group," including outcome research findings and all materials needed to run the group Addresses the relationship among the positive psychology movement and this approach and the potential for collaboration Emphasizes an acceptance-based stance and how acceptance commonly leads to change Proposes that "doing what works and changing what doesn't" can provide a transtheoretical perspective for therapists of any orientation

This definitive single-volume guide is the first of its kind on teaching and developing counselor educator programs that embrace constructivist and developmental theory. Leading scholars and experts offer practical advice on teaching courses in every area of counseling practice. As a result, the book is ideal for current and future counselor educators and supervisors as well as faculty in other helping professions. The authors seek to inspire educators to empower and involve, to risk "losing control" over subject matter, to hear student voices, to pose dilemmas, and to challenge their own assumptions in the presence of their students using constructivist, developmental, and experiential thinking and strategies.

The seventh edition comes with significant revision of cognitive development throughout childhood, revised and updated chapters on adolescence, and more attention to emerging and early adulthood. It contains new research on everything from genetics to the timing of puberty, including brain development, life span disorders and cultural diversity.

Culturally Diverse Counseling: Theory and Practice adopts a unique strengths-based approach in teaching students to focus on the positive attributes of individual clients and incorporate those strengths, along with other essential cultural considerations, into their diagnosis and treatment. With an emphasis on strengths as recommended in the 2017 multicultural guidelines set forth by the American Psychological Association (APA), this comprehensive text includes considerations for clinical practice with twelve groups, including older adults, immigrants and refugees, clients with disabilities, and multiracial clients. Each chapter includes practical guidelines for counselors, including opportunities for students to identify and curb their own implicit and explicit biases. A final chapter on social class, social justice, intersectionality, and privilege reminds readers of the various factors they must consider when working with clients of all backgrounds.

A Comprehensive Handbook for Clinicians

Group Work With Persons With Disabilities

Strengths-Based Therapy

Developing the Professional Skills Needed for Work with Multiproblem Clients

Cultural and Language Diversity and the Deaf Experience

This book encourages mindfulness as a tool for personal growth and for intentional action for the purpose of social change. Learning exercises focus on: examining privilege, oppression, and difference; intersectional identity mapping; historical racism against marginalized groups; social dominance theory; sociological mindfulness; cultural humility; appreciative inquiry; and more. Culturally Competent Engagement: A Mindful Approach embraces a fresh approach to cultivating self, other, and systems awareness for a linguistically rich and culturally diverse world. The confluence of people and cultures requires habits of mind, dispositions, skills, and values that promote diversity affirmation while simultaneously honoring one’s own cultural integrity and limitations. The benefits of being culturally competent are numerous and include healthy, holistic relationships and connection with people across differences. This book provides conceptual context for tried and true learning exercises that promote deeper self-understanding, ways to connect with people who are culturally different, and an understanding of the systems (socio-cultural, economic, political, and environmental) that circumscribe our lives. Written for organizational leaders, university instructors, students, and practitioners, this book includes typical approaches to enhancing culturally competent engagement, yet has several special features that differentiate it from approaches in other books and articles on the topic. Typical approaches to developing cultural competence focus on acquisition of communicative skills, behaviors, and dispositions needed to effectively navigate cross-cultural relationships and function effectively in multicultural environments. We include and build on these approaches by adding a layer of critical and complex systems understanding as a necessary foundation for effective cross-cultural engagement. The Self-Other-Systems approach challenges readers via concrete learning exercises that nudge one along the life-long path of culturally competent engagement. Perhaps the most unique feature of this book is the explicit and implicit mindful approach. A total of eleven learning exercises are offered, foregrounded by theory and completed with reflection questions or activities. All learning exercises encourage mindfulness, or awareness of oneself in the present moment, awareness of others, and awareness of broader contexts and forces at work in multicultural contexts. In specific, three learning exercises are meditations that can be read or listened to via free download from the book’s website.

Pathways to Transformation: Learning in Relationship is an edited collection that synthesizes current research on transformative learning and expands the current knowledge-base. This book is timely and significant as it provides a synthesis of some of the most exciting research in two fields: adult education and human services. The objectives of this themed edited collection, Pathways to Transformation: Learning in Relationship, are threefold. First, this collection serves as a space to synthesize current research on transformative learning. Through an extensive literature review, the editors have discerned several important strands of research in the area of transformative learning and solicited chapters dealing with these topics. The second objective of the collection is to expand the current knowledge-base in the area of transformative learning by creating a space for dialog on the subject and bringing together diverse voices. The third objective of the collection is to transcend the field of adult education, with a specific goal to reach an audience in human services (psychology, counseling, social work, marriage and family therapy).