

Psychotherapy And Counseling With Asian Americans Clients A Practical Guide

The family-centered nature of Asian American life, the stresses on the minority position, and the cultural stigma associated with mental illness combine to constitute significant obstacles to the provision of appropriate mental health care for Asian-Americans. The authors, all practicing psychotherapists, focus on two critical aspects of the therapeutic relationship--transference and empathy--emphasizing the need to apply these fundamental concepts within the context of Asian cultural values and treatment needs. The work includes in-depth case studies which will be valuable in training psychotherapists and counseling practitioners to be sensitive to the mental health needs of people of non-European background whose numbers are increasing rapidly in the United States.

The Handbook of Counseling Women addresses current theories, research, and issues relevant to the mental and physical well-being of women. Edited by Mary Kopala and Merle A. Keitel, this comprehensive volume is divided into three parts. Part One focuses on theoretical, sociocultural, biological, and developmental considerations. Part Two is devoted to assessment, diagnosis, and intervention. Part Three covers supervision, research, and ethics. Most chapters include case studies, recommendations for further reading, and resources for clients. Essential reading for psychologists, social workers, counselors, and psychiatric nurses, this handbook will also appeal to graduate and undergraduate students in counseling, clinical psychology, and clinical social work courses.

In America's increasingly diverse society, it is imperative that mental health providers prioritize the development of their cultural competence to assure that they are equipped to meet the needs of their clients. Cultural Considerations in Asian and Pacific Islander American Mental Health offers a broad array of perspectives from clinicians and researchers actively working with racially/ethnically diverse populations. This book addresses psychosocial cultural issues that impact the mental health of the growing Asian American population. The book opens with the concept of what and who is an Asian American, as well as the myriad distinctions and differences among various Asian groups. Covered chapter topics include a historical overview of the diverse populations among Asian and Pacific Islander Americans; a discussion of the tensions and similarities between empirically supported treatments and cultural competence; Asian and Pacific Islander American elders and depression; and a psychodynamic perspective regarding the treatment of dual diagnosis with an Asian American client. This book is a must-read for mental health clinicians, students, community workers, school counselors, and nurses who work with diverse populations.

Directions for Treating Chinese Clients with Understanding and Sensitivity Chinese American Family Therapy is the first book to offer a culturally sensitive therapeutic model for treating Chinese Americans and their families. Written by family therapist Marshall Jung, this essential resource debunks commonly held myths about Chinese Americans and offers specific and effective guidelines for treating individuals and families with respect, sensitivity, and understanding. This much-needed handbook outlines an effective therapeutic process that is sensitive to Chinese religious and family values and offers a comprehensive multidimensional clinical approach.

Asian American Women in Therapy

Actualizing Cultural Competence with Asian Americans in Counseling and Psychotherapy

A Comparative Study of Psychotherapy Utilization and Presenting Concerns Among Pacific Islander and Asian American Students in a University Counseling Center

Psychotherapy Utilization and Presenting Concerns Among Asian International and Asian American Students in a University Counseling Center

An Integrative Approach to Counseling

Culturally Responsive Counseling with Asian American Men

This essential text explores what it means to be a South Asian American living in the US while seeking, navigating and receiving psychological, behavioral or counseling services. It delves into a range of issues including cultural identity, racism, colorism, immigration, gender, sexuality, parenting, and caring for older adults. Chapter authors provide research literature, clinical and cultural considerations for interviewing and treatment planning, case examples, questions for reflection, and suggested readings, as well as worksheets and handouts. The book also includes insights on the future of South Asian American mental health, social justice, advocacy, and public policy. Integrating theory, research, and application, this book serves as a clinical guide for therapists, instructors, professors and supervisors in school/university counseling centers working with South Asian American clients, as well as for counseling students.

This comprehensive volume, now available in paperback, examines current research and constructs necessary for improving our understanding of Asian Americans. The contributors focus on a wide range of topics, including racism, family violence, addictive behaviours, interracial marriage, academic achievement, interpersonal relationships, career development and mental health.

This is the first textbook written to welcome those who are new to Asian American psychology. Concepts and theories come to life by relating the material to everyday experiences and by including activities, discussion questions, exercises, clinical case studies, and internet resources. Contributions from the leading experts and emerging scholars and practitioners in the field - the majority of whom have also taught Asian American psychology - feature current perspectives and key findings from the psychological literature. The book opens with the cornerstones of Asian American psychology, including Asian American history and research methods. Part 2 addresses how Asian Americans balance multiple worlds with topics such as racial identity, acculturation, and religion. Part 3 explores the psychological experiences of Asian Americans through the lens of gender and sexual orientation and their influence on relationships. Part 4 discusses the emerging experiences of Asian Americans, including adoptees, parachute kids, and multiracial Asian Americans. Part 5 focuses on social and life issues facing Asian Americans such as racism, academic and career development. The text concludes with an examination of the physical and psychological well-being of Asian Americans and avenues for coping and healing. This ground-breaking volume is intended as an undergraduate/beginning graduate level introductory textbook on Asian American psychology taught in departments of psychology, Asian American and/or ethnic studies, counseling, sociology, and other social sciences. In addition, the clinical cases will also appeal to clinicians and other mental health workers committed to learning about Asian Americans.

The Handbook of Asian American Psychology stands alone as the most comprehensive handbook on Asian Americans. A select group of prominent scholars and clinicians focus on a wide range of topics, including racism, family violence, addictive behaviors, interracial marriage, academic achievement and performance, interpersonal relations, career development, mental health services and treatment. It will be highly valued by professionals, students, and academics in ethnic studies, psychology, social welfare, gender studies, family studies, nursing, gerontology, research methods, and interpersonal communication.

Issues in Psychotherapy and Counseling with Asian Americans

Chinese American Family Therapy

A New Model for Clinicians

Strategies for Clinical Practice with Asian Americans

A Relational Framework with Culturally Responsive Approaches

Integrating Traditional Healing Practices Into Counseling and Psychotherapy

Asian Healing Traditions in Counseling and Psychotherapy explores the various healing approaches and practices in the East and bridges them with those in the West to show counselors how to provide culturally sensitive services to distinct populations. Editors Roy Moodley, Ted Lo, and Na Zhu bring together leading scholars across Asia to demystify and critically analyze traditional Far East Asian healing practices--such as Chinese Taoist Healing practices, Morita Therapy, Naikan Therapy, Mindfulness and Existential Therapy, Buddhism and Mindfulness Meditation, and Acceptance and Commitment Therapy--in relation to health and mental health in the West. The book will not only show counselors how to apply Eastern and Western approaches to their practices but will also shape the direction of counseling and psychotherapy research for many years to come.

Many first and second generation Asian immigrants experience acculturation challenges to varying extents. These challenges, such as language barriers, racial discrimination, underemployment, the loss of support networks and changes in family role and structure, may exacerbate a myriad of mental health issues. In addition, their help-seeking behaviour, as shaped by a general adherence to a collectivistic worldview and indirect communication style, often creates challenges for the practitioners who are trained under a Western practice modality. Drawing on literature from English-speaking countries with sizeable Asian immigrant populations such as the United States, Australia, New Zealand, Canada, and the United Kingdom, this text is designed especially for clinicians and students working with Asian immigrant populations. It discusses the therapeutic process in psychotherapy and counselling with these clients, exploring both key psychodynamic constructs and social systemic factors. Building on contemporary relational theory, which emphasizes the centrality of the helping relationship and sensitivity to the client's subjective realities, the book demonstrates how western-based concepts and skills can be broadened and applied in an Asiacentric context, and can be therapeutic even in social service and case management service settings. There are chapters on issues such as domestic violence, intergenerational conflicts, depression amongst elders, and suicide, discussing the prevalence and nature of the mental health issues and each containing case vignettes from various Asian ethnic groups to illustrate the application of relational approaches. This book is an important cross-cultural reference for practising social workers and counsellors as well as for social work students undertaking clinical practice courses.

How do you prepare clinicians to work with Asian Americans? What aspects of Asian cultures or of Asian American social environmental experiences are salient for consideration in mental health services? What do you do differently as an Asian American clinician working with Asian American clients, as compared to working with mainstream European clients? Authors George Hong and MaryAnna Domokos-Cheng Ham draw on their practical experience as clinicians and answer these questions in their book Psychotherapy and Counseling with Asian American Clients. There are relatively few publications that systematically describe culturally syntonc clinical practices developed by practitioners working with Asian Americans. George K Hong and MaryAnna Domokis-Cheng Ham provide a practical and culturally relevant treatment guide of the major therapeutic approaches to counseling and psychotherapy. The authors discuss the commonality and diversity among Asian Americans, and also give special attention to the dynamics and clinical implications of the immigration and the refugee experience. By the examination of the curriculum and training issues, this book prepares clinicians to provide appropriate mental health services to Asian Americans. This book is an excellent source for graduate students taking courses in multicultural counseling and clinical psychology. Additionally, those engaged in Asian Studies programs would also find a use for this text.

Asian American men represent a complex group with distinct psychological and mental health concerns, yet the current counseling literature is lacking in resources for clinicians working with this population. The purpose of this text is to provide practitioners with a comprehensive overview of the current research and theory related to the important and unique issues that Asian American men experience. It offers clinicians culturally-responsive, practical counseling techniques and strategies to help inform them on how to work effectively with this group. Chapters are written by leading figures in the field and explore such topics as intergenerational conflict, racism, challenges associated with masculinity and fatherhood, sexual orientation identity development, substance abuse, and career counseling. Numerous clinical vignettes and case conceptualizations are included to assist clinicians who work with Asian American men and to demonstrate appropriate treatment responses.

Culturally Adapting Psychotherapy for Asian Heritage Populations

Cultural Values and Treatment Needs

Personality Patterns, Identity, and Mental Health

Asian and Pacific Islander Americans

Culturally Adaptive Counseling Skills

Diversity in Psychotherapy

An Integrative Approach to Counseling: Bridging Chinese Thought, Evolutionary Theory, and Stress Management offers a global and integrative approach to counseling that incorporates multiple concepts and techniques from both eastern and western perspectives. The book identifies commonalities rather than the differences between them. The book also compares and contrasts the underlying cultural assumptions of western counseling with those of the Chinese perspectives of Confucianism, Daoism, and Buddhism, relative to integrating and applying a more global approach to helping individuals functionally adapt to challenges in their environments. The book will be used by faculty and students in those advanced undergraduate and graduate courses in psychology, counseling, or social work that cover such areas as introduction to counseling, counseling skills and techniques, counseling theories, multi-cultural awareness and counseling, and stress management. Cultural diversity has always been a fact of life, nowhere more so than in the unique melting pot of U.S. society. Respecting and understanding that diversity is an important -- and challenging -- goals. **Culture and Psychotherapy: A Guide to Clinical Practice** brings us closer to that goal by offering a fresh perspective on how to bring an understanding of cultural diversity to the practice of psychotherapy to improve treatment outcomes. This remarkable work presents the nuts and bolts of incorporating culture into therapy, in a way that is immediately useful and practical. Illustrated by numerous case studies that demonstrate issues, techniques, and recommendations, the topics in this wide-ranging volume focus not on specific race or ethnicity but instead on culture. **Introduction --** Summarizes the influence of culture (an abstract concept defined as an entity apart from race, ethnicity, or minority) on the practice and process of psychotherapy while offering a broadened definition of psychotherapy as a special practice involving a designated healer (or therapist) and identified client (or patient) to solve a client's problem or promote a client's mental health **Case Presentations and Analysis --** Illustrates distinctive cultural issues and overtones within psychotherapy, such as the traditional Japanese respect for authority figures, the Native American concept of spirit songs, the clash of modern values with traditional Islamic codes, and the effects of the conflict between Eastern values of dependence and group harmony and Western values of independence and autonomy **Specific Issues in Therapy --** Discusses lessons from folk healing, the cultural aspects of the therapist-patient relationship, and the giving and receiving of medication as part of therapy **Treating Special Populations --** Presents issues and trauma faced by African Americans, Hispanic veterans, Southeast Asian refugees, adolescents, and the ethnic minority elderly **Special Models of Therapy --** Shows the interplay between cultural issues and specific models of therapy, including marital therapy for intercultural couples and group therapy with multiethnic members The relevance of cultural diversity will only grow stronger in the coming years as our definition of community expands to embrace global -- not just local -- issues. With its balanced combination of clinical guidance and conceptual discussion highlighted by fascinating case studies, this volume, authored by national and international experts, offers psychotherapists, psychiatrists, psychologists, psychiatric residents, psychiatric nurses, and mental health social workers -- both in the U.S. and abroad -- an expansive focus and richness of content unmatched elsewhere in the literature. As Caribbean communities become more international, clinicians and scholars must develop new paradigms for understanding treatment preferences and perceptions of illness. Despite evidence supporting the need for culturally appropriate care and the integration of traditional healing practices into conventional health and mental health care systems, it is unclear how such integration would function since little is known about the therapeutic interventions of Caribbean healing traditions. **Caribbean Healing Traditions: Implications for Health and Mental Health** fills this gap. Drawing on the knowledge of prominent clinicians, scholars, and researchers of the Caribbean and the diaspora, these healing traditions are explored in the context of health and mental health for the first time, making Caribbean Healing Traditions an invaluable resource for students, researchers, faculty, and practitioners in the fields of nursing, counseling, psychotherapy, psychiatry, social work, youth and community development, and medicine.

This book is a collection of solution focused practice across Asia, offering case examples from the fields of therapy, supervision, education, coaching and organisation consulting. It demonstrates the usefulness of the solution focused approach in the Asian context by providing practice based evidence, and highlights the diversity of application. By sharing real case examples in action across Asia, it is the aim of this book to stimulate the curious and inspire the converted. It gives readers a taste of what it is like to use this approach within an Asian context, in different areas of practice and within a broad spectrum of clinical issues. The examples offer exciting and creative ways in which solution focused practice can be used within the Asian context -- with the hope that more practitioners will be curious enough to give solution focused practice serious consideration as a viable, evidence-based practice.

Caribbean Healing Traditions

Handbook of Counseling Women

Asian American Mental Health

Contemporary Clinical Practice with Asian Immigrants

Bridging Chinese Thought, Evolutionary Theory, and Stress Management

A Bibliography on Counseling and Psychotherapy with Blacks, Asian Americans and Hispanic Americans, 1965-1984

Integrating Traditional Healing Practices Into Counseling and Psychotherapy critically examines ethnic minority cultural and traditional healing in relation to counseling and psychotherapy. **Authors Roy Moodley and William West** highlight the challenges and changes in the field of multicultural counseling and psychotherapy by integrating current issues of traditional healing with contemporary practice. The book uniquely presents a range of accounts of the dilemmas and issues facing students, professional counselors, psychotherapists, social workers, researchers, and others who use multicultural counseling or transcultural psychotherapy as part of their professional practice.

This widely adopted text synthesizes an extensive body of research on Asian American personality development, identity, and mental health. **Uba** focuses on how ethnocultural factors interact with minority group status to shape the experiences of members of diverse Asian American groups. Cultural values and norms shared by many Asian Americans are examined and common sources of stress described, including racial discrimination and immigrant and refugee experiences. Rates of mental health problems in Asian American communities are reviewed, as are predictors and manifestations of specific disorders. The volume also explores patterns in usage of available mental health services and considers ways that service delivery models might be adapted to better meet the needs of Asian American clients.

This research-to-practice volume grounds clinicians in a robust, culturally-informed framework for conducting effective therapy with Asian-American couples, families, and individuals. Family, cultural, social, and spiritual dynamics are explored across ethnicities, generations, relationships, and immigrant/citizen experience to reflect a diverse, growing population. Discussion and case examples focus on contrasts, conflicts, and balances involved in acculturation and change, notably the shift from collectivist cultural tradition to a more independent view of the self, gender, choices, and relationships. The contributors' finely shaded guidance and accessible approach will help therapists provide appropriate services for Asian-American clients without minimizing or pathologizing their experiences. Included in the coverage: How Asian American couples negotiate relational harmony: collectivism and gender equality. Through religion: working-class Korean immigrant women negotiate patriarchy. The role of Chinese grandparents in their adult children's parenting practices in the United States. Balancing the old and the new: the case of second generation Filipino American women. Bicultural identity as a protective factor among Southeast Asian American youth who have witnessed domestic violence. Transition and Change in Collectivist Family Life is a cogent clinical resource for practitioners and mental health professionals with interests in Asian-American family therapy, psychotherapy, collectivism, and faith-based community and counseling.

The current study examined the psychotherapy experiences of Pacific Islander and Asian American students at a large intermountain university on the continental United States. We used archival data collected over a 17-year span to investigate the psychotherapy utilization, presenting concerns, reported distress levels and psychotherapy outcomes of Pacific Islander students compared to Asian American students. In an effort to address the current and problematic practice of combining Asian Americans and Pacific Islanders into a homogeneous category, subgroup outcomes of Pacific Islander students were compared to Asian American students to highlight any significant differences and similarities. Results indicated significant differences between Pacific Islander and Asian American students in terms of amount of psychotherapy sessions attended and length of treatment in days. Asian American students were more likely to remain in therapy during the first 100 days and eight sessions. We found significant differences between both groups on several items assessed in the Presenting Problem Checklist and the Family Concerns Survey. Pacific Islander students reported significantly more traumatic experiences occurring in their family. We also found significant differences in the presenting concerns of both populations. Additionally, on the OQ-45, Pacific Islander students answered questions regarding risk factors significantly different from Asian American students. Clinicians are encouraged to understand the values and nuances of collectivist groups including Pacific Island and Asian cultures. It is recommended that clinicians and counseling centers reach out to Pacific Islander students on their campuses to inform them about mental health services. Counseling centers are encouraged to gather information on the reasons for therapy termination.

Culture and Psychotherapy

Issues and Concerns for Counseling and Psychotherapy

Assessment Theories and Methods

Asian Perspectives in Counselling and Psychotherapy

Overcoming Unintentional Racism in Counseling and Therapy Implications for Health and Mental Health

Asian Perspectives in Counselling and Psychotherapy considers what exactly cross-cultural counselling and psychotherapy mean. Topics covered include: * a detailed analysis of the concept of culture, and the relationship between culture and therapy * a comparative study of Western cultures and Eastern cultures * the historical development of counselling and psychotherapy in Western countries * the controversies related to the problem of 'matching' clients with therapists. Illustrated by stimulating case studies, the theoretical knowledge and practical advice presented in Asian Perspectives in Counselling and Psychotherapy will be invaluable reading to all practising and training counsellors and psychotherapists.

In Racial Melancholia, Racial Dissociation critic David L. Eng and psychotherapist Shinhee Han draw on case histories from the mid-1990s to the present to explore the social and psychic predicaments of Asian American young adults from Generation X to Generation Y. Combining critical race theory with several strands of psychoanalytic thought, they develop the concepts of racial melancholia and racial dissociation to investigate changing processes of loss associated with immigration, displacement, diaspora, and assimilation. These case studies of first- and second-generation Asian Americans deal with a range of difficulties, from depression, suicide, and the politics of coming out to broader issues of the model minority stereotype, transnational adoption, parachute children, colorblind discourses in the United States, and the rise of Asia under globalization. Throughout, Eng and Han link psychoanalysis to larger structural and historical phenomena, illuminating how the study of psychic processes of individuals can inform investigations of race, sexuality, and immigration while creating a more sustained conversation about the social lives of Asian Americans and Asians in the diaspora.

Current census reports indicate that over half of the United States will be of ethnic minority background by 2050. Yet few published studies have examined or demonstrated the efficacy of currently established psychological treatments for ethnic minorities. Culturally Adapting Psychotherapy for Asian Heritage Populations: An Evidence-Based Approach identifies the need for culturally adapted psychotherapy and helps support the cultural competency movement by helping providers develop specific skillsets, rather than merely focusing on cultural self-awareness and knowledge of other groups. The book provides a top-down and bottom-up community-participatory framework for developing culturally adapted interventions that can be readily applied to many other groups. Areas targeted for adaptation are broken down into domains, principles, and the justifying rationales. This is one of the first books that provides concrete, practical, and specific advice for researchers and practitioners alike. It is also the first book that provides an actual culturally adapted treatment manual so that the reader can see cultural adaptations in action. Summarizes psychotherapy research indicating underrepresentation of ethnic minorities Describes the first evidence-based culturally adapted treatment for Asian heritage populations Provides concrete examples of adapted psychotherapy in practice Clarifies how this framework can be further used to adapt interventions for other ethnic groups Highlights how principles used to develop this depression-specific treatment can be applied to other disorders Includes the full treatment manual "Improving Your Mood: A Culturally Responsive and Holistic Approach to Treating Depression in Chinese Americans"

Offering a primary focus on North American cultural and ethnic diversity while addressing global questions and issues, Counseling Across Cultures, Seventh Edition, edited by Paul B. Pederson, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, and María R. Scharrón-del Río, draws on the expertise of 48 invited contributors to examine the cultural context of accurate assessment and appropriate interventions in counseling diverse clients. The book's chapters highlight work with African Americans, Asian Americans, Latinos/as, American Indians, refugees, individuals in marginalized situations, international students, those with widely varying religious beliefs, and many others. Edited by pioneers in multicultural counseling, this volume articulates the positive contributions that can be achieved when multicultural awareness is incorporated into the training of counselors.

A Guide to Clinical Practice

Counseling the Culturally Diverse

Racial Melancholia, Racial Dissociation

Current Perspectives

Transference and Empathy in Asian American Psychotherapy

Cultural Considerations in Asian and Pacific Islander American Mental Health

Overcoming Unintentional Racism in Counseling and Therapy, Second Edition examines the dynamics and effects of racism in counseling with an emphasis on the insidiousness of unintentional racism. The Second Edition provides a new section on the policies and practices of agencies and other institutions in the mental health system unintentionally resulting in service disparities. Macro-system and micro-system interventions are proposed to overcome these disparities.

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.

Understanding multicultural feminist perspectives is vital for clinicians working to effectively help women in therapy. Feminist Reflections on Growth and Transformation: Asian American Women in Therapy provides therapists with valuable insight and research into the identities of Asian and Asian American women, all toward the crucial goal of being more effective when providing therapeutic help. In-depth explorations into the women's personal experiences and psychological issues provide an empowering multicultural feminist viewpoint that challenges assumptions and stereotypes about their identities while presenting innovative therapeutic approaches. Identity is made up from several factors, such as worldview, beliefs, values, race, ethnicity, gender, sexual orientation, class, age, and religious orientation. Feminist Reflections on Growth and Transformation: Asian American Women in Therapy explores how these common factors impact psychotherapy approaches for women of Asian American backgrounds. This unique text presents the current research, what the data mean for adjusting clinical strategies, and personal accounts from Asian and Asian American women. Each chapter is extensively referenced.

Topics in Feminist Reflections on Growth and Transformation: Asian American Women in Therapy include: breaking free of the passive, subservient stereotypes defining gender identity cultural and identity issues emotional parity negotiations in Chinese immigrant women's marital relationships suicide as a means of agency rather than simply a cry for help the use of feminist and multicultural principles with survivors of domestic violence research on Asian American lesbians' health integrating multiculturalism and feminism in the treatment of eating disorders innovative therapeutic approach based on Hindu understandings of Shakti approaches to work on body image and eating disorders group counseling with Asian American women training multicultural feminist therapy practitioners Feminist Reflections on Growth and Transformation: Asian American Women in Therapy is an insightful exploration of the culturally sensitive knowledge and skills clinicians need to work more effectively with female clients of Asian ancestry. This stimulating work is important reading for therapists, counselors, psychologists, and others in the mental health and social work fields.

The Second Edition of the Handbook of Asian American Psychology fills a fundamental gap in the Asian American literature by addressing the full spectrum of methodological, substantive, and theoretical areas related to Asian American Psychology. This new edition provides important scholarly contributions by a new generation of researchers that address the shifts in contemporary issues for Asians and Asian Americans in the U.S.

Asian Americans

Solution Focused Practice in Asia

Counseling Across Cultures

On the Social and Psychic Lives of Asian Americans

Asian Art Therapists

Identity, Psychology, and Clinical Implications

School Counselling in an Asian Cultural Context focuses on the ways in which cultural setting influences the practice of school counseling, its effectiveness, and the experience of young people as they engage in counseling in schools. The is increasingly a cause for concern, particularly in Asia's high-pressured league-topping education systems, and the wellbeing of students is becoming more a part of the wider remit of schools. Mark Harrison presents a broad overview of practice of school counseling in Hong Kong in both local and international schools and examines this in relation to school counseling in US and UK settings as well as the wider Asia-Pacific region. The book brings together two foci: the practice of the Asian cultural context of Hong Kong, and the effectiveness and experience of school counseling from the perspective of young people and counselors. The diversity of schools in Hong Kong makes it a microcosm of trends and practices and, as such, offers insights which will be of interest to students in training; school counselors, administrators and policy makers in the Asia-Pacific region and further afield.

Asian American Mental Health is a state-of-the-art compendium of the conceptual issues, empirical literature, methodological approaches, and practice guidelines for conducting culturally informed assessments of Asian Americans, and for a competency within individuals and systems. It is the first of its kind on Asian Americans. This volume draws upon the expertise of many of the leading experts in Asian American and multicultural mental health to provide a much needed resource for professionals in a wide range of disciplines including clinical psychology, medical anthropology, psychiatry, cross-cultural psychology, multicultural counseling, ethnic minority psychology, sociology, social work, counselor education, counseling and guidance. To date, there has not been research that disaggregates the experiences of Asian American and international Asian college students seeking psychotherapy in college campus settings. We examined archival data collected over the course of 10 years on experiences of Asian American, international Asian, and European American students at a large university in the intermountain west, US. More specifically, we used archival data to identify differences between the aforementioned groups on psychotherapy utilization, presenting concerns, distress levels endorsed at intake, and distress levels endorsed at termination. Results were calculated based on findings from the Family Concerns Survey (FCS), Presenting Problem Checklist (PPCL), and Questionnaire 45 (QQ-45). Results indicate no significant differences between these three groups in terms of the maximum number of psychotherapy sessions attended. Cox Regression analyses showed no significant differences between groups on their likelihood for treatment discontinuance. Odds Ratio analyses yielded little statistical difference between groups in terms of likelihood of attending therapy. We found significant differences between these groups of students on their presenting concerns. Additionally, we found a significant difference between students in these three groups in regard to the severity of their presenting distress (as measured by the Outcome Questionnaire-45), with international Asian students the most distress followed by Asian American students and finally European American students. We also found a significant difference between these groups of students in treatment improvement as measured by change scores on the Outcome Questionnaire-45. European American students experiencing the greatest change, followed by Asian American students, followed by international Asian students. Given the nature of these results, practitioners are admonished to attend to initial distress levels of Asian American and international Asian students' experience of racism and discrimination. Practitioners are also encouraged to align treatment recommendations with the specific world view of the client they are meeting with.

With this book, the editors aim to fill a gap in the current literature by providing practitioners with a comprehensive and current review of the most relevant issues that Asian American men experience, as well as by presenting culturally-responsive and novel strategies on how to work with them.

Counseling and Psychotherapy for South Asian Americans

School Counselling in an Asian Cultural Context

A Practical Guide

Asian American Psychology

Psychotherapy and Counseling With Asian American Clients

A Practitioner's Guide to Intentional Intervention

Scholars of psychology, education, social work, and counseling examine such topics as transracial adoption, women's issues, substance abuse, and the racial experiences of 43 different ethnic groups often statistically lumped together. Among the specific topics are Asian Indian women's bicultural experience, political ethnic identity versus cultural ethnic identity, ethnic variations in the adaptation of recent immigrant Asian adolescents regarding, and sexual abuse.

This book explores Asian art therapist experiences in a predominantly white professional field, challenging readers with visceral, racial, and personalized stories that may push them far beyond their comfort zone. Drawing from the expertise and practices of Asian art therapists from around the world, this unique text navigates how minority status can affect training and clinical practice in relation to clients, co-workers, and peers. It describes how Asian pioneers have broken therapeutic and racial rules to accommodate patient needs and improve clinical skills and illustrates how the reader can examine and disseminate their own biases. Authors share how they make their own path—by becoming aware of the connection between their lives and circumstances—and how they liberate themselves and those who seek their services. This informative resource for art therapy students and professionals offers non-Asian readers a glimpse at personal and clinical experiences in the White-dominant profession while detailing how Asian art therapists can lead race-based discussions with empathy to become more competent therapists and educators in an increasingly diversifying world.

Three psychotherapists address issues which confront minority group clients and their psychotherapists and offer insights into appropriate minority sensitive mental health approaches.

Feminist Reflections on Growth and Transformation

Handbook of Asian American Psychology

Demonstrations of Evidence-Based Practices

Navigating Art, Diversity, and Culture

An Evidence-Based Approach

Theory and Practice