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SECTION ONE THE MULTIPLE DIMENSIONS OF MULTICULTURAL COUNSELING AND THERAPY is divided into four parts that discuss broad theoretical, conceptual, research and practice issues related to multicultural counseling/therapy, cultural competence and sociopolitical influences that cut across specific populations.

• Part I The Affective and Conceptual Dimensions of Multicultural Counseling and Therapy include
  Chapter 1: The Multicultural Journey to Cultural Competence: Personal Narratives
  Chapter 2: The Superordinate Nature of Multicultural Counseling and Therapy
  Chapter 3: Multicultural Counseling Competence for Minority Group Counselors/Therapists

• Part II The Political Dimensions of Mental Health Practice include
  Chapter 4: The Politics of Counseling and Psychotherapy: Social Justice in Counseling
  Chapter 5: Systemic Oppression: Trust, Mistrust, Credibility and Worldviews
  Chapter 6: Microaggressions in Counseling and Psychotherapy

• Part III The Practice Dimensions of Multicultural Counseling/Therapy include
  Chapter 7: Barriers to Multicultural Counseling and Therapy: Individual and Family Perspectives
  Chapter 8: Culturally Appropriate Intervention Strategies
  Chapter 9: Multicultural Evidence Based Practice
  Chapter 10: Non-Western and Indigenous Methods of Healing: Implications for Counseling and Therapy

• Part IV Racial Cultural Identity Development in Multicultural Counseling and Therapy include
  Chapter 11: Racial/Cultural Identity Development: Therapeutic Implications
  Chapter 12: White Racial Identity Development: Therapeutic Implications

SECTION TWO MULTICULTURAL COUNSELING AND SPECIFIC POPULATIONS is divided into three parts that covers unique and culture-specific chapters on special populations. The extensive coverage allows instructors freedom to use all of the chapters in this section or to selectively choose those that fit their course requirements.

• Part V An Approach to Understanding Specific Populations include
  Chapter 13: Assessment and Stereotyping

• Part VI Counseling and Therapy with Racial/Ethnic Minority Populations include
  Chapter 14: Counseling African Americans
  Chapter 15: Counseling American Indians and Alaskan Natives
  Chapter 16: Counseling Asian Americans
  Chapter 17: Counseling Hispanic/Latino Americans
  Chapter 18: Counseling Multiracial Descent Persons

• Part VII Counseling and Special Circumstances Involving Racial/Ethnic Populations include
  Chapter 19: Counseling Arab Americans
  Chapter 20: Counseling Jewish Americans
  Chapter 21: Counseling Immigrants and Refugees

• Part VIII Counseling and Therapy with Other Multicultural Populations include
Chapter 22: Counseling Sexual Minorities
Chapter 23: Counseling Older Adults
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