Counseling the Culturally Diverse
Contents

Preface xiii
About the Authors xx

SECTION ONE  The Multiple Dimensions of Multicultural Counseling and Therapy 1

PART I The Affective and Conceptual Dimensions of Multicultural Counseling and Therapy 3

Chapter 1 Obstacles to Cultural Competence: Understanding
Resistance to Multicultural Training 5
Reactions to Reading Counseling the Culturally Diverse 6
Emotional Self-Revelations and Fears:
Majority Group Members 10
Emotional Invalidation versus Affirmation:
For Marginalized Group Members 14
Recognizing and Understanding Resistance to Multicultural Training 20
Cultural Competence and Emotions 29
Summary 32
References 34

Chapter 2 The Superordinate Nature of Multicultural Counseling and Therapy 37
Culture-Universal (Etic) versus Culture-Specific (Emic) Formulations 41
The Nature of Multicultural Counseling Competence 45
A Tripartite Framework for Understanding the Multiple Dimensions of Identity 47
Individual and Universal Biases in Psychology and Mental Health 51
The Impact of Group Identities on Counseling and Psychotherapy 53
What Is Multicultural Counseling/Therapy? 54
VI CONTENTS

What Is Cultural Competence? 56
Cultural Humility and Cultural Competence 61
Social Justice and Cultural Competence 63
Summary 65
References 66

Chapter 3 Multicultural Counseling Competence for Counselors and Therapists of Marginalized Groups 71
Counselors from Marginalized Groups Working with Majority and Other Marginalized Group Clients 75
The Politics of Interethnic and Interracial Bias and Discrimination 77
The Historical and Political Relationships between Groups of Color 81
Differences between Racial/Ethnic Groups 85
Counselors of Color and Dyadic Combinations 87
Summary 100
References 102

PART II The Impact and Social Justice Implications of Counseling and Psychotherapy 105

Chapter 4 The Political and Social Justice Implications of Counseling and Psychotherapy 107
Impact of Political Oppression 109
The Education and Training of Counseling/Mental Health Professionals 112
Definitions of Mental Health 114
Counseling and Mental Health Literature 119
The Need to Treat Social Problems—Social Justice Counseling 125
The Foci of Counseling Interventions: Individual, Professional, Organizational, and Societal 127
Social Justice Counseling 133
Summary 138
References 139

Chapter 5 The Impact of Systemic Oppression: Counselor Credibility and Client Worldviews 145
The Rest of the Story 147
Effects of Historical and Current Oppression 150
<table>
<thead>
<tr>
<th>Chapter 10 Non-Western Indigenous Methods of Healing: Implications for Multicultural Counseling and Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legitimacy of Cultural Syndromes: Nightmare Deaths and the Hmong Sudden Death Phenomenon</td>
</tr>
<tr>
<td>The Principles of Indigenous Healing</td>
</tr>
<tr>
<td>Dangers and Benefits of Spirituality</td>
</tr>
<tr>
<td>Summary</td>
</tr>
<tr>
<td>References</td>
</tr>
<tr>
<td>Chapter 11 Racial/Cultural Identity Development in People of Color: Counseling Implications</td>
</tr>
<tr>
<td>Racial Awakening</td>
</tr>
<tr>
<td>Racial/Cultural Identity Development Models</td>
</tr>
<tr>
<td>A Racial/Cultural Identity Development Model</td>
</tr>
<tr>
<td>Counseling Implications of the R/CID Model</td>
</tr>
<tr>
<td>Value of R/CID Framework</td>
</tr>
<tr>
<td>Summary</td>
</tr>
<tr>
<td>References</td>
</tr>
<tr>
<td>Chapter 12 White Racial Identity Development: Counseling Implications</td>
</tr>
<tr>
<td>Understanding the Dynamics of Whiteness</td>
</tr>
<tr>
<td>Models of White Racial Identity Development</td>
</tr>
<tr>
<td>The Process of White Racial Identity Development: A Descriptive Model</td>
</tr>
<tr>
<td>Developing a Nonracist and Antiracist White Identity</td>
</tr>
<tr>
<td>Summary</td>
</tr>
<tr>
<td>References</td>
</tr>
</tbody>
</table>

SECTION TWO  Multicultural Counseling and Specific Populations

PART V Understanding Specific Populations

Chapter 13 Culturally Competent Assessment

*David Sue and Diane M. Sue*
Therapist Variables Affecting Diagnosis 431
Cultural Competence and Preventing Diagnostic Errors 433
Contextual and Collaborative Assessment 438
Infusing Cultural Competence into Standard Clinical Assessments 444
Summary 451
References 452

PART VI Counseling Marginalized Racial/Ethnic Group Populations 455

Chapter 14 Counseling African Americans 457
Chapter Introduction 458
Characteristics and Strengths 459
Specific Challenges 469
Summary 473
References 474

Chapter 15 Counseling American Indians/Native Americans and Alaska Natives 479
Chapter Introduction 480
Characteristics and Strengths 482
Specific Challenges 485
Summary 495
References 496

Chapter 16 Counseling Asian Americans and Pacific Islanders 501
Chapter Introduction 502
Characteristics and Strengths 503
Specific Challenges 511
Summary 519
References 519

Chapter 17 Counseling Latinas/os
Diane M. Sue and David Sue
Chapter Introduction 526
Characteristics and Strengths 527
Specific Challenges 534
Summary 543
References 543
Chapter 23  Counseling LGBT Individuals  659
   Chapter Introduction  660
   Characteristics and Strengths  661
   Specific Challenges  667
   Summary  676
   References  677

Chapter 24  Counseling Older Adults  683
   Chapter Introduction  684
   Characteristics and Strengths  684
   Specific Challenges  688
   Summary  700
   References  700

Chapter 25  Counseling Individuals Living in Poverty  705
   Laura Smith
   Chapter Introduction  706
   Characteristics and Strengths  707
   Specific Challenges  710
   Summary  720
   References  721

Chapter 26  Counseling Women  725
   Diane M. Sue and David Sue
   Chapter Introduction  726
   Characteristics and Strengths  727
   Specific Challenges  730
   Summary  742
   References  742

   Glossary  747
   Index  773
Preface

Since its publication in 1981, *Counseling the Culturally Diverse: Theory and Practice (CCD)* has become a classic in the field, used in the overwhelming majority of graduate training programs in counseling, counselor education, and clinical psychology, and now forms part of the multicultural knowledge base of licensing and certification exams. It continues to lead the field in the theory, research, and practice of multicultural counseling/therapy and upholds the highest standards of scholarship; it is the most frequently cited text in multicultural psychology and ethnic minority mental health.

Over many decades, feedback from reviewers and readers indicate the success of *CCD* is related to its (a) integrated conceptual framework, (b) up-to-date coverage of research in the field, (c) ability to actively address clinical applications through translating research/concepts to practice, (d) use of numerous examples, vignettes, and case studies that add life and meaning to the material, (e) ability to involve readers in personal self-reflection and exploration, (f) engaging writing style, and (g) passionate style of communication—hard hitting, intense and challenging.

The 13 chapters on specific populations continue to be hailed as among the best thumbnail sketches of how multicultural counseling relates to the various marginalized groups in our society. Adopters have consistently praised the culture-universal and culture-specific balance of the book. The seventh edition of *CCD* does not change the basic formula which has made and continues to make it a success in the academic and clinical markets.

Changes to *CCD*

In the seventh edition, major changes were made as a result of reviewing three dozen texts on multicultural counseling, general multicultural mental health care, multicultural assessment, multicultural competencies, multicultural supervision, and multicultural consultation. Content coverage, general orientation, philosophical approach, writing style, and pedagogy were analyzed in addition to a 2014 survey conducted by the publisher sent to over 1,300 instructors who each received a copy of the 2013 edition of *CCD*. The survey asked what were the unique challenges to teaching the course, what type of materials would prove helpful to instructors, and what areas needed additional coverage. Based upon a