

Preface

Taking theory into practice is the major aim of this results-oriented book. Our curriculum in counseling and therapy is full of techniques and approaches, but the basic issue remains: How can we make a difference with our students and how can they become effective with their clients? Each chapter of this fourth edition of *Counseling and Psychotherapy: A Multicultural Perspective* contains practice exercises that will make theoretical ideas real and immediately understandable. This book is based on the idea that we can learn theory best by actually testing it in the interview.

Counseling and Psychotherapy: A Multicultural Perspective, Fourth Edition, has been designed for use in undergraduate and graduate courses in psychology, counselor education, human and mental health services, and social work. We have found that students enjoy the opportunity to master the three traditional areas of counseling and therapy (psychodynamic, cognitive-behavioral, and existential-humanistic) and that they appreciate a chance to develop competency in multicultural dimensions.

The foundations of counseling and therapy form the introductory portion of this book. This foundation is provided in the belief that a review of and additional competence in the empathic dimensions, microskills, and developmental theory enable counselors and psychotherapists to understand and master important theories more rapidly and effectively. Moreover, employing such strategies as the community and family genograms, the well-organized interview, solution-based counseling and therapy, and developmental constructs constitutes the basis of a theoretical and practical approach to the field.

Our Mission

Our mission in writing *Counseling and Psychotherapy: A Multicultural Perspective*, Fourth Edition, is to

- provide you with a solid foundation in the theoretical concepts of the major theories of counseling and psychotherapy
- enable you to take these theories into direct counseling and clinical practice
- assist you in examining present-day counseling and therapy from a practical culture-centered perspective while simultaneously respecting traditional individual approaches to the field
- start you on the journey toward skilled counseling and therapy practice

What's New in the Fourth Edition?

Positive feedback from students and professors has led us to maintain the structure of the last edition, but there are some important changes, including the following:

1. There is more extensive use of practice exercises to ensure that theory can be tested in the reality of the interview.
2. An additional chapter on multicultural counseling and therapy has been added to give it co-equal status with psychodynamic, cognitive-behavioral, and existential-humanistic theory.
3. Family therapy theory is integrated throughout the text.
4. The cognitive-behavioral chapters have been expanded to include more specifics of practice, the work of Arnold Lazarus, and Albert Ellis's newly re-labeled rational-emotive behavior therapy. Stress management has been given even more attention in this revision.
5. Solution-oriented therapy has been added to the microskills chapter, and the decisional and microskills chapters have been combined.
6. The community genogram, a new practice strategy, has been added to Chapter 1. This strategy gives students, even during the first week in class, a concrete way to consider how the individual develops in the family and cultural contexts.
7. Spiritual issues are identified for the first time as an important part of the counseling and therapy process. Although this may be controversial, students and clients have continually requested consideration of this area. The authors especially look forward to the readers' feedback on this new material.

The Portfolio Concept Helps Ensure Competence

The authors believe that this is a book that "works"—that students will be able to make practical use of what they learn in *Counseling and Psychotherapy: A Multicultural Perspective*. Students will be able to take pride in their accomplishments and achieve major gains throughout the school term. Students' progress can be enhanced by using the portfolio concept discussed in more detail in the *Instructor's Resource Manual*. By accumulating the completed exercises in this book, students can assemble an impressive portfolio detailing their competencies in the course. Many students take their portfolios to their internship sites and to prospective employers as a way of documenting their work.

A Brief Overview of the Fourth Edition

This edition continues an emphasis on worldview and multiple perspectives and the need for counselors and clinicians to generate their own constructions of the help-