

The purpose of this second edition of *Counseling Diverse Populations* is the same as the first edition, to call to the attention of mental health practitioners the unique experiences and needs of four groups within the American society that, along with ethnic and selected other groups, share the common experience of oppression. These four groups are people with disabilities, older people, women, and gay people. Each of these four groups has a common physical and/or behavioral characteristic that identifies individuals as members of the group and that has singled them out for differential and inferior treatment. Each of these groups has in the past experienced (and continues to experience) discrimination as a result of their physical and/or behavioral uniqueness. Discrimination for all four groups has ranged from negative stereotypes to physical violence. It is our thesis that mental health practitioners need to be aware of the unique experiences of these groups in order to effectively intervene on their behalf.

This edition represents a complete revision of the earlier edition. Part 1, which is written by the co-editors of the book, was completely reorganized and expanded from three chapters to five chapters. The first chapter describes how traditional psychotherapeutic approaches have ignored the experiences of, and failed to meet the needs of, people with disabilities, older people, women, and gay people. The first chapter also provides a rationale for identifying the four groups as minorities, as well as a brief profile of each group. In chapters 2 through 5, we review the past and present treatment of each group by society in general and mental health care providers in particular.

Part 2, which consists of three chapters on people with disabilities, is completely new to this edition. Part 3, "The Elderly Client," is also completely new to this edition. In part 4, we have retained two of three readings on the female client from the first edition, but chapter 14 is new to this second edition. Similarly, for part 5, "The Gay Client," we have retained two of the readings from the first edition but added a new reading for chapter 15. The last chapter (chapter 16), which examines the implications of diversity issues for counseling practice, counselor training, and counseling research, has been updated for the current edition.

This book is intended as a text for undergraduate and graduate courses in counseling psychology, clinical psychology, social work, and other mental health professions where human rights issues are discussed. The book might be used as a primary text in courses where diversity or human rights issues are the

primary focus or as a supplemental text in counseling theory and technique courses. When used in conjunction with another McGraw-Hill publication, *Counseling American Minorities: A Cross-Cultural Perspective*, the book provides an excellent introduction to a broad range of diversity issues.

We hope the book will help mental health professionals look beyond the current *Diagnostic and Statistical Manual of Mental Disorders* and conventional psychotherapeutic strategies when diagnosing and treating clients. It is our belief that experiences, behaviors, attitudes, values, and needs based on membership in the groups discussed in this book must be taken into account as part of diagnosis and treatment. Furthermore, it is our hope that counselors and other mental health providers will reconceptualize their roles as facilitators of behavioral and social change when working with the diverse populations discussed in this book.

This book is dedicated to those individuals who, because of their physical ability, age, gender, or sexual orientation, have been singled out for differential and inferior treatment.

We would also like to dedicate this book to Gail's son, Ryan, and to the memory of Don's son, Jimmie.

D. R. A. and G. H.