



Case Studies in Multicultural Counseling and Therapy

By Derald Wing Sue, Miguel E. Gallardo, Helen A. Neville

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"Case Studies in Multicultural Counseling and Therapy is a magnificent resource that will help create a greater bridge of understanding between the academic, research, and applied domains of the mental health professions."

—From the Foreword by Thomas A. Parham, PhD, Vice Chancellor, Student Affairs, University of California, Irvine; Distinguished Psychologist, Association of Black Psychologists

An indispensable collection of real-life clinical cases from practicing experts in the field of multicultural counseling and psychotherapy

Case Studies in Multicultural Counseling and Therapy is a one-of-a-kind resource presenting actual cases illustrating assessment, diagnostic, and treatment concerns associated with specific populations. The contributors—well-known mental health professionals who specialize in multicultural counseling and psychotherapy—draw on their personal experiences to empower therapists in developing an individually tailored treatment plan that effectively addresses presenting problems in a culturally responsive manner.

Providing readers with the opportunity to think critically about multicultural factors and how they impact assessment, diagnosis, and treatment, this unique book:

- Covers ethical issues and evidence-based practice
- Integrates therapists' reflections on their own social identity and how this may have influenced their work with their clients
- Considers the intersectionality of racial/ethnic, class, religious, gender, and sexual identities
- Contains reflection and discussion questions, an analysis of each case by the author, and recommended resources
- Includes cases on racial/ethnic minority populations, gender, sexuality, poverty, older adults, immigrants, refugees, and white therapists working with people of color
- Aligns with the ACA's CACREP accreditation standards, the APA guidelines

for multicultural competence, and the AMCD Multicultural Counseling Competencies

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Editorial Review

Review

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"Translating theory into practice is a challenge for every school of clinical orientation. This casebook has succeeded by focusing upon elements of process in multicultural counseling and therapy to give us a rich resource of conceptual and practical aids to assist the teacher, trainee, and practitioner in making a stepwise transition from cultural knowledge to practice competencies."

—Anderson J. Franklin, Ph.D., Honorable David S. Nelson Professor of Psychology and Education, Boston College Lynch School of Education

"Anchored in our latest knowledge and research regarding cross-cultural counseling and spanning the whole spectrum of diversity, this collection of multicultural case studies serves as a wonderful companion to Sue and Sue's *Counseling the Culturally Diverse* and fills a gap for rich and contextualized cases illustrating the complex tapestry of our clients' lives."

—Frederick T.L. Leong, Ph.D., Professor of Psychology and Psychiatry; Director of the Consortium for Multicultural Psychology Research

"*Case Studies in Multicultural Counseling and Therapy* offers a rich narrative of therapeutic engagement with diverse clients highlighting the complexities of intersecting dimensions of culture. Such emotionally-gripping cases facilitate a soul penetrating capacity for expanding cultural schema and increasing cultural empathy among mental health professionals and trainees."

—Michael Mobley, Ph.D., Associate Professor, Salem State University

"Having taught Multicultural Counseling for more than 10 years, Derald Wing Sue, Miguel Gallardo, and Helen Neville have finally answered students' most oft-repeated question, "*How do I apply this knowledge to my clinical practice?*" Based on real life cases, contributors offer a practical guide for students and instructors alike who are committed to enhancing multicultural competence. This is a must-have resource for every current and future mental health professional!"

—Lisa B. Spanierman, Ph.D., Associate Professor, McGill University

About the Author

DERALD WING SUE, PhD, is a Professor of Psychology and Education in the Department of Counseling and Clinical Psychology at Teachers College, Columbia University, where he also holds a joint appointment with the School of Social Work. He is one of the most cited multicultural scholars in the United States.

MIGUEL E. GALLARDO, PsyD, is an Associate Professor of Psychology at Pepperdine University. Dr. Gallardo's areas of scholarship and research interests include understanding the psychotherapy process when

working with ethnocultural communities.

HELEN A. NEVILLE, PhD, is a Professor of Educational Psychology and African American Studies at the University of Illinois at Urbana-Champaign. She currently chairs the counseling psychology program and previously was a Provost Fellow at the same institution.

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